

POD MENU

WEEK 1
WEEK 2
WEEK 3

MON

TUES

WED

THURS

FRI

BBQ CHICKEN
GYROS WITH
PITTA, GARLIC
YOGHURT &
CRUNCH SALAD
(MK, G/W)

BEEF RAGU WITH
TRICOLORE PASTA
& CHEF'S SALAD
(E*, MK*, MU*,
SO*, G/B*, W)

PAPRIKA SPICED
CHICKEN &
STEAMED RICE

BEEF CHOW MEIN
WITH CRISPY
SPRING ROLL
(E, MU*, SE*, SO,
G/W)

FISH & CHIPS
WITH CURRY
SAUCE
(F, MU, G/B*, W)

TOMATO & BASIL
PASTA
(G/W)



SUPER GREEN
PESTO PASTA
(MK, G/W)

CREAMY CAJUN
PASTA
(MK, G/W)

CHERRY TOMATO
& SPINACH PASTA
(CE, G/W)



THREE CHEESE
PASTA BAKE
(MK, G/W)

**SELECTION OF SANDWICHES, BAGUETTES, WRAPS, SALAD BOXES
AND PROTEIN POTS**

JACKET POTATO WITH A SELECTION OF FILLINGS

*Why not
add*

CHEF'S TRAYBAKE **OR** FRUIT POT
To create a Meal Deal

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FRI

SMOKEY BEEF &
LENTIL CHILLI CON
CARNE WITH
STEAMED RICE
(G/B*, O*, R*, W*)

CHINESE
CHICKEN CURRY
WITH STEAMED
RICE
(CE, E, SO, G/W)

TOMATO &
OREGANO SAUSAGE
CASSOULET WITH
COURGETTE
SPAGHETTI
(SU, G/W)

CHICKEN, LEEK &
MUSHROOM PUFF
PASTRY PIE WITH
SEASONAL
VEGETABLES
(MK, G/W)

FISH & CHIPS WITH
CURRY SAUCE
(F, MU, G/B*, W)

CREAMY
PUMPKIN PASTA
(CE, E, MK, G/W)

MEDITERRANEAN
VEGETABLE
PASTA
(G/W)

ROASTED SQUASH
& PEA ALFREDO
SPAGHETTI
(E, MK, G/W)

MAC & CHEESE
(MK, G/W)

TOMATO
ARRABIATA
PASTA
(CE, G/W)



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THURS

FRI

CHICKEN &
BROCCOLI STIR
FRY WITH
STEAMED RICE &
CRISPY 'SEAWEED'
(SO, G/W)

BEEF & LENTIL
LASAGNE WITH
CHEF'S SALAD
(CE, E*, MK, G/B*,
W)

BUTCHER'S SAUSAGE
WITH MASHED
POTATO, GRAVY &
SEASONAL
VEGETABLES
(MK, SU, G/W)

CHICKEN FAJITAS
WITH SALAD, SOUR
CREAM & SALSA
(G/W)

FISH & CHIPS
WITH CURRY
SAUCE
(F, MU, G/B*,
W)

CREAMY PESTO
PASTA
(MK, G/W)

MEXICAN STREET
CORN PASTA BAKE
(MK, G/W)

TOMATO
ARRABBIATA
PASTA
(CE, G/W)
🌱

CREAMY CAJUN
PASTA
(MK, G/W)

TOMATO & BASIL
PASTA
(G/W)
🌱

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