

POD MENU

WEEK 1
WEEK 2
WEEK 3

MON

TUES

WED

THURS

FRI

JERK CHICKEN
WRAP WITH
CRUNCHY SALAD
& SCOTCH
BONNET MAYO
(E, SO, G/W)

BEEF KEEMA
TACOS, PICKLED
PINK ONIONS,
GREEN CHILLI
SALSA &
CORIANDER

BBQ CHICKEN
GYROS, TOASTED
PITTA, GARLIC
YOGHURT &
CRUNCHY SALAD
(MK, G/B* O*, R*, W)

STICKY
COCHUJAN
CHILLI BEEF
NOODLE HOT POT
(E, MU*, SO, SU,
G/W)

HOT WINGS &
CHIPS
(CE*, E, MK*,
MU*, SO*, G/W)



TOMATO &
BASIL PASTA
(CE, G/W)

MAC &
CHEESE
(MK, G/W)

ROASTED
VEGETABLE &
TOMATO
PASTA
(G/W)

CREAMY
PESTO PASTA
(MK, G/W)

CHEFS CHOICE

**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

POD MENU

WEEK 1
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MON

CARRIBEAN
BEACH BURGER,
JERK KETCHUP &
MANGO SALSA
RECIPE
(MK, SE*, SO, SU,
G/W)



TUES

TANDOORI CHICKEN
FOLDED NAAN,
ONION SALAD &
MINT YOGHURT
(MK, B/W)



WED

BEEF KOFTA
MEATBALL WRAP,
SPICY TOMATO SAUCE,
PICKLED WHITE
CABBAGE & GARLIC
SAUCE
(E, MK, G/B, O*, R*, W)



THURS

CRISPY KOREAN
GLAZED CHICKEN
SSAMJAN FRIED
RICE & ROOT
VEGETABLE
KIMCHI
(CE, SO, G/W)



FRI

CHINESE SALT &
PEPPER
CHICKEN &
CHIPS
(B, SO, G/W)



TOMATO &
BASIL PASTA
(CE, G/W)

MAC &
CHEESE
(MK, G/W)

ROASTED
VEGETABLE &
TOMATO
PASTA
(G/W)

CREAMY
PESTO PASTA
(MK, G/W)

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WEEK 2
WEEK 3

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JAMAICAN
PATTIES,
WEDGES &
PINEAPPLE CHOW
SLAW RECIPE
(E, CE, MU, SO,
G/W)



TOMATO &
BASIL PASTA
(CE, G/W)

TUES

ONION BHAJI VADA
PAV, BOMBAY SLAW
& MANGO CHUTNEY
(CE*, E, MU*, SE*,
SO*, G/W)



MAC &
CHEESE
(MK, G/W)

WED

CHICKEN
SHAWARMA,
GRILLED TORTILLA
WRAP, KEBAB
SHOP SALADS &
CHILLI SAUCE
(MK, G/W)



ROASTED
VEGETABLE &
TOMATO
PASTA
(G/W)

THURS

VEGETABLE
GYOZOA, SEOL
DONKATSU
CURRY SAUCE &
STICKY RICE
(CE*, CR*, E*, SE,
SO, G/W)



CREAMY
PESTO PASTA
(MK, G/W)

FRI

SOUTHERN
FRIED BAKED
CHICKEN LEG &
CHIPS
(G/W)



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