

POD MENU

WEEK 1
WEEK 2
WEEK 3

MON

TUES

WED

THURS

FRI

MAIN

BLACK BEAN
CHICKEN WITH
STIR FRIED EGG
NOODLES
(CE, E, SO, G/B, W)

LEMON & HERB
PIRI PIRI
CHICKEN WITH
SPICY RICE

BUTCHERS
SAUSAGE WITH
MASHED POTATO &
GRAVY
(MK, SU, G/W)

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

FISH & CHIPS WITH
FRESH MINTED
MUSHY PEAS &
HOMEMADE
TARTARE SAUCE
(E, F, MU, G/B*, W)

PASTA POPINA

TOMATO & BASIL
PASTA
(G/W)



CREAMY CAJUN
PASTA
(MK, MU, G/W)

TOMATO &
PESTO PASTA
(G/W)



CREAMY
CARBONARA
(MK, G/W)

MEDITERRANEAN
VEGETABLE
PASTA
(G/W)

COLD DELI

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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WED

THURS

FRI

CHICKEN FAJITAS,
NACHOS, SOUR
CREAM & SALSA
(MK, SO*, G/W)

PEPPERONI
PIZZA WITH
WEDGES &
CHEF'S SALAD
(CE*, E*, MK,
MU*, SO*, G/W)

GARLIC & THYME
CHICKEN LEG WITH
ROAST POTATOES,
SEASONAL
VEGETABLES &
GRAVY

ITALIAN
MEATBALL &
ROASTED
VEGETABLE RAGU
WITH PASTA
(CE, G/W)

FISH & CHIPS WITH
FRESH MINTED
MUSHY PEAS &
HOMEMADE
TARTARE SAUCE
(E, F, MU, G/B*, W)

TOMATO & BASIL
PASTA
(G/W)



CREAMY CAJUN
PASTA
(MK, MU, G/W)

TOMATO &
PESTO PASTA
(G/W)



CREAMY
CARBONARA
(MK, G/W)

MEDITERRANEAN
VEGETABLE
PASTA
(G/W)

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

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TUES

WED

THURS

FRI

TUSCAN CHICKEN
WITH PAPRIKA
WEDGES
(G/W)

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

CHICKEN TIKKA
MASALA WITH
PILAU RICE
(MK, MU*, G/B*, O*,
R*, W*)

BEEF & LENTIL
COTTAGE PIE WITH
SEASONAL GREEN
VEGETABLES &
GRAVY
(G/B*, W*)

FISH & CHIPS WITH
FRESH MINTED
MUSHY PEAS &
HOMEMADE
TARTARE SAUCE
(E, F, MU, G/B*, W)

TOMATO & BASIL
PASTA
(G/W)



CREAMY CAJUN
PASTA
(MK, MU, G/W)

TOMATO &
PESTO PASTA
(G/W)



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CARBONARA
(MK, G/W)

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