Recipe							All	ergens					
	*	***		0	(B)	G.					V.		SO <sub>2</sub>
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Sulphur D02/Sulphites
Bun-Less Burger Box (329 kcal,1377 kJ)	<b>~</b>			<b>√</b>			<b>√</b>						<b>✓</b>
Beetroot & Feta Burger V2 (334 kcal,1397 kJ)		√ Wheat					<b>√</b>					МС	
Herby Tomato Pasta (415 kcal,1736 kJ)		√ Wheat					<b>~</b>						

#### **Allergen and Nutrition Advice:**

- ullet Ingredients highlighted in bold or annotated with  $\displaystyle ullet$  are allergens that are present in this product
- MC = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen

Adults need around 2000 kcal a day

Recipe							All	ergens						
	*	彩		0	<b>@</b> ×	99			TWO IN		100			SO <sub>2</sub>
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chipotle Wedges Half Portion (59 kcal,247 kJ)														

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Adults need around 2000 kcal a day

Page 2 of 2 Plan date: 17/11/2025 09/10/2025 10:54

Recipe							All	ergens						
		***		0	<b>Q</b> ×	99			T. No.		N (S)			(SO <sub>2</sub> )
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Sweet Thai Chilli Chicken Noodles (404 kcal,1690 kJ)		√ Wheat		✓									✓	
Vegetarian Pho (381 kcal,1594 kJ)		√ Wheat		<b>✓</b>									<b>~</b>	

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Adults need around 2000 kcal a day

Page 1 of 2 Plan date: 18/11/2025 09/10/2025 10:55

Recipe							All	ergens						
		**		0	<b>Q</b> ×	900			T. O		1			SOL
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Peas (54 kcal,226 kJ)														

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Adults need around 2000 kcal a day

Page 2 of 2 Plan date: 18/11/2025 09/10/2025 10:55

Recipe							All	ergens						
	The state of the s	*		0	<b>آ</b> ور	So.								SO <sub>2</sub>
		Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame		Sulphur D02/Sulphites
Gravy (10 kcal,42 kJ)														
Roast Potatoes (125 kcal,523 kJ)														
Quorn Roast Sec (61 kcal,255 kJ)				<b>√</b>			<b>√</b>						_	
Roasted Honey Glazed Ham (145 kcal,607 kJ)														

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Adults need around 2000 kcal a day

Recipe		Allergens													
	*	W. Carlotte		0	(B)	G.					V.			SOL	
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame		Sulphur D02/Sulphites	
Yakisoba Soya Noodles (388 kcal,1623 kJ)		√ Wheat		<b>~</b>									<b>~</b>		
Margherita Pizza PinWheel (142 kcal,594 kJ)		√ Wheat					<b>√</b>								
Traditional Beef Lasagne (310 kcal,1297 kJ)		√ Wheat		мс			<b>√</b>		мс				мс		

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Adults need around 2000 kcal a day

Page 1 of 2 Plan date: 20/11/2025 09/10/2025 10:57

Recipe							All	ergens						
		**		0	<b>Q</b> ×	99			T. O		V (S)			SOL
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Salad Sweetcorn (64 kcal,268 kJ)														

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Adults need around 2000 kcal a day

Page 2 of 2 Plan date: 20/11/2025 09/10/2025 10:57

Recipe							All	ergens						
		***		0	<b>Q</b> ×	86			T. No.		<b>1</b>			SOL
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Southern Fried Chicken Goujon (231 kcal,967 kJ)	<b>√</b>	√ Wheat												
Beany Vegetable Burger (265 kcal,1109 kJ)	<b>✓</b>	√ Wheat		<b>✓</b>			<b>✓</b>					МС		

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Adults need around 2000 kcal a day

Page 1 of 2 Plan date: 21/11/2025 09/10/2025 10:58

Recipe							All	ergens					
	*	***		0	<b>Q</b> ×	Go.			<b>1 1 1 1 1 1 1 1 1 1</b>				SOL
		Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Sulphur D02/Sulphites
Chips (173 kcal,724 kJ)													
Baked Beans (57 kcal,238 kJ)													
Peas (54 kcal,226 kJ)													

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Adults need around 2000 kcal a day

Page 2 of 2 Plan date: 21/11/2025 09/10/2025 10:58