

POD MENU

WEEK 1
WEEK 2
WEEK 3

MON

TUES

WED

THURS

FRI

MAIN

MOO-PING STYLE
CHICKEN CURRY WITH
COCONUT RICE
(CE*, MU*, SO, G/W)

CININNATI STYLE
BEEF CHILLI &
STEAMED RICE
(G/B*, O*, R*, W*)

CHICKEN &
PEPPERONI PAELLA
WITH LEMON WEDGE
(CE, E*, MK, MU*,
SO*, G/W*)

BEEF PASTA AL
FORNO WITH
TOMATO & HERB
SAUCE
(CE, E*, MK, G/W)

FISH & CHIPS WITH
GARDEN PEAS
(F, G/B*, W)

PASTA POPINA

TOMATO & BASIL
PASTA
(G/W)
1

CREAMY
MUSHROOM & PEA
SPAGHETTI
(CE, E, MK, G/W)

MAC & CHEESE
(MK, G/W)

CHERRY TOMATO &
SPINACH PASTA
(CE, G/W)
1

MEDITERRANEAN
VEGETABLE PASTA
(G/W)
1

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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PAPRIKA SPICED
BEEF GOULASH
WITH BUTTERED
EGG NOODLES
(E, G/W)

LEBANESE SPICED
CHICKEN WITH
BATATA HARRA &
TANGY TOMATO
SAUCE
(G/B*, O*, R*, W*)

SOUTHERN STYLE
SLOPPY JOE BEEF
CASSEROLE WITH
SPICY RICE &
GREEN BEANS

CREAMY CHICKEN &
LEEK PIE WITH
GOLDEN PUFF PASTRY
LID & BUTTERED NEW
POTATOES
(CE, MK, G/W)

FISH & CHIPS WITH
GARDEN PEAS
(F, G/B*, W)

TOMATO & BASIL
PASTA
(G/W)
TV

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

MAC & CHEESE
(MK, G/W)

MEDITERRANEAN
VEGETABLE PASTA
(G/W)
TV

THREE CHEESE
PASTA
(MK, G/W)

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CHICKEN &
VEGETABLE BALTI
CURRY WITH
STEAMED RICE
(MU*, G/B*, O*, R*,
W*)

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

SOUTHERN
SPICED CHICKEN
JAMBALAYA

TRADITIONAL BEEF
RAGU WITH HERB
INFUSED PENNE
(CE, G/W)

FISH & CHIPS
WITH GARDEN
PEAS
(F, G/B*, W)

MAC & CHEESE
(MK, G/W)

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

MEDITERRANEAN
VEGETABLE PASTA
(G/W)
V

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

TOMATO & BASIL
PASTA
(G/W)
V

**SELECTION OF SANDWICHES, BAGUETTES, WRAPS, SALAD BOXES
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