

# 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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WEEK 1  
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TUES

WED

THURS

FRI

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

CHINESE  
CHICKEN CURRY  
WITH EGG FRIED  
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)

BBQ CHICKEN WITH  
CHIPS & HOUSE  
SALAD

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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TUES

WED

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)

PEPPERONI  
PANINI, SEASONED  
WEDGES & CHEF'S  
SALAD  
(CE\*, E\*, MK, MU\*,  
SO\*, G/B\*, O\*, R\*,  
W)

FULLY LOADED  
BEEF BURGER  
WITH CHIPS &  
HOUSE SALAD  
(MK, SE\*, SO,  
SU, G/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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