

POD MENU

WEEK 1
WEEK 2
WEEK 3

MON

TUES

WED

THURS

FRI

BALTI CHICKEN
CURRY WITH PILAU
RICE & RAITA
(MK, G/B*, O*, R*,
W*)

SRIRACHA BEEF
NOODLES
(E, MU*, SO, G/W)

GARLIC & LEMON
CHICKEN GYROS
PLATE
(MK, G/ W)

GOCHUJANG
SPICY CHICKEN
NOODLES
(E, MU*, SO,
G/W)

BUFFALO
CHICKEN WINGS
& CHIPS
(MK, G/B)



CREAMY
PESTO PASTA
(MK, G/W)

MEATBALL
MARINARA
PASTA
(CE, G/W)

MAC &
CHEESE
(MK, G/W)

TOMATO &
BASIL PASTA
(CE, G/W)



PIRI PIRI
CHICKEN LEG
& CHIPS

**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

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WED

THURS

FRI

CAJUN CHICKEN
LEG WITH
SEASONED WEDGES
(G/W)

TURKEY TIKKA
JALFREZI WITH
STEAMED RICE
(G/B*, O*, R*, W*)

TEX MEX CHICKEN
FAJITAS, SOUR
CREAM, JALAPENOS
& HOMEMADE
GUACAMOLE
(MK, MU, G/W)

GOCHUJANG CHICKEN
WITH, COCONUT RICE
& PICKLES
(MU*, SO*, G/B)

SALT & PEPPER
CHICKEN SPICE
BAG
(SO, G/B, W)



CREAMY
PESTO PASTA
(MK, G/W)

MEATBALL
MARINARA
PASTA
(CE, G/W)

MAC &
CHEESE
(MK, G/W)

TOMATO &
BASIL PASTA
(CE, G/W)



BBQ CHICKEN
LEGS & CHIPS

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THURS

FRI

JERK CHICKEN
LEG, SPICY RICE
& COLESLAW
(CE, E)

CHICKEN CHOW
MEIN
(E, SO, G/W)

SMOKEY BEEF
CHILLI CON CARNE,
SEASONED
WEDGES & CORN
(G/B*, O*, R* W)

PIRI PIRI TURKEY
WITH GOLDEN RICE
& COLESLAW
(E)

FULLY LOADED
CHICKEN
BURGER
(E, MK, SE*, SO,
G/W)



CREAMY
PESTO PASTA
(MK, G/W)

MEATBALL
MARINARA
PASTA
(CE, G/W)

MAC &
CHEESE
(MK, G/W)

TOMATO &
BASIL PASTA
(CE, G/W)


BATTERED
SAUSAGE &
CHIPS
(SO, SU, G/W)

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