





MEAL NUMBER	MEAL NAME	MILK	SOY BEAN	SOYA	LUPIN	EGGS	MUSTARD	CELERY & CELERiac	CEREALS (GLUTEN)	MOLLUSCS	CRUSTACEANS	SESAME	SULPHITES & SULPHUR	PEANUTS	NUTS	FISH
2.1	Strawberry Cheesecake Overnight Oats	x							x						x	
2.2	Banana Bread Overnight Oats	x							x						x	
2.3	Chocolate Orange Overnight Oats	x							x						x	
2.4	Biscoff Overnight Oats	x							x						x	
2.5	Tropical Coconut Overnight Oats	x							x				x		x	
2.6	Blueberries & Banana Pancakes	x							x						x	
2.7	Turkey Sausage Breakfast Wrap					x			x							
2.8	Sweet Potato Pancakes with Bacon & Maple Syrup					x										
2.9	Chorizo, Egg & Goats Cheese Toasts	x		x					x							
2.10	Superfood Smoked Salmon Scrambled Eggs on Rye	x				x			x							x
2.11	Cajun Salmon with Couscous & Garlicky Veg						x	x							x	x
2.12	Teriyaki Turkey Meatballs with Rice & Green Beans			x		x						x				
2.13	Smoked Haddock & Prawn Kedgeree	x				x	x				x					x
2.14	Salmon Pasta with Creamy Leeks and Butter beans	x							x							x
2.15	Mango Salmon with Sweet Potatoes & Asian Greens															x
2.16	Turkey & Chickpea Curry with Rice and Spinach	x														
2.17	Chicken & Mushroom Risotto	x														
2.18	Harissa Chicken with Moroccan couscous with Chickpea Salad						x	x				x			x	
2.19	Chicken Biryani and Kachumba Salad	x														
2.2	Lemon & Thyme Chicken with Quinoa and Broccoli	x														
2.21	Tandoori Style Chicken Kebabs with Indian Sweet Potato Salad	x														
2.22	Creamy Stuffed Spinach Salmon with Pasta Salad	x							x							x
2.23	Turkey Sausage & Red Kidney Bean Rice Bowl	x														
2.24	Beef chilli Con Carne with Rice & Spring greens	x														
2.25	Turkey Kofta Kebabs, Sweet Potato Salad & Tahini Garlic Sauce	x									x				x	

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3.1	Mocha Choca Overnight Oats	x							x						x	
3.2	Honey & Berries Overnight Oats	x		x					x						x	
3.3	Carrot Cake Overnight Oats	x							x						x	
3.4	Apple Crumble Overnight Oats	x							x						x	
3.5	Tiramisu Overnight Oats	x							x						x	
3.6	Cottage Cheese Protein Pancakes	x							x						x	
3.7	Smoked Salmon & Egg Wrap	x							x							x
3.8	Tiramisu Pancakes	x							x							
3.9	Cowboy Breakfast	x														
3.10	Turkey Bacon Frittata	x														
3.11	Spiced Chicken, Roasted veg & Sweet Potato											x				
3.12	Smokey Beef and Chorizo Goulash with Kale & Beet Warm Salad	x														
3.13	Turkey Breast stew, Couscous and Butternut Squash								x							
3.14	Honey & Mustard Salmon Bites, Roasted Veg Tray Bake						x									x
3.15	Sweet & Sour Chicken, Jasmine Rice & Stir-Fried Veg			x								x				
3.16	Tuscan Salmon & Orzo Green Salad	x							x							x
3.17	Turkey Sausage Stroganoff, tagliatelle & Zucchini	x					x		x							
3.18	Chipotle Chicken & Prawn, butternut Squash salad & Flat bread								x		x				x	
3.19	Mongolian Beef, Basmati Rice and Asian Style Salad											x				
3.20	Tikka Masala Cod, Sweet Potato & Mango Chickpea Salad	x					x						x		x	x
3.21	Prawn & Chorizo Loaded Sweet Potato with Avo Salad	x									x					
3.22	Creamy Red Pesto Chicken, Basmati Rice & Spring Greens	x														
3.23	Crispy Fried Salmon Rice with Crunchy Mixed Veg	x														x
3.24	Italian Style Chicken, Orzo & Roasted Zucchini	x							x							
3.25	Honey BBQ Chicken Mac 'n' Cheese, Green Bean Almondine	x		x					x			x			x	

