

MEAL NUMBER	MEAL NAME	MILK	SOY BEAN	SOYA	LUPIN	EGGS	MUSTARD	CELERY & CELERIAC	CEREALS (GLUTEN)	MOLLUSCS	CRUSTACEANS	SESAME	SULPHITES & SULPHUR	PEANUTS	NUTS	FISH
1.1	Mocha Choca Overnight Oats	X							x						x	
1.2	Honey & Berries Overnight Oats	х		х					х						х	
1.3	Carrot Cake Overnight Oats	х							х						х	
1.4	Apple Crumble Overnight Oats	х							х						х	
1.5	Tiramisu Overnight Oats	X							х						X	
1.6	Cottage Cheese Protein Pancakes	х							X						х	
1.7	Smoked Salmon & Egg Wrap	X							X							x
1.8	Tiramisu Pancakes	х							X							
1.9	Cowboy Breakfast	х														
1.10	Turkey Bacon Frittata	х														
1.11	Crispy Chicken Fried Rice & Vegetables			X			Х			х		х				
1.12	Salmon Sag Aloo Chicken Fajita Bowl	x														х
1.13	Baked Cajun Chicken with Feta & Orzo Pasta	x							x							
1.15	Lemon garlic chicken kebabs	x							^							
1.16	Prawn & chorizo paella	^					х				x					
1.17	Beef & Blackbean Noodles with Bok Choi			x	x							x				
1.18	Creamy Turkey Pasta with Salad	x			x	х										
1.19	Parmesan Haddock with Sweet Potato Wedges and Broccoli, Pea and Leek Mash	x														x
1.20	Beef Steak Skewers with Turkish Sweet Potato Salad															
1.21	Sicilian One Pan Baked Cod with Sweet Potato Wedges															x
1.22	Chicken Satay with Saffron Rice & Edamame Salad	х												х		
1.23	Salmon Rice Bowl with Soy & Lemon Dressing			x								х				х
1.24	Asian Chilli Beef with Mixed Greens			x								х				
1.25	Cheesy Garlic Turkey Fritters, with Cauliflower Puree & New Potato Salad	x														

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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							х						х	
2.5	Tropical Coconut Overnight Oats	х							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	х				X			x							х
2.11	Cajun Salmon with Couscous & Garlicky Veg						X	х							x	х
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							х							X
2.15	Mango Salmon with Sweet Potatoes & Asian Greens															Х
2.16	Turkey & Chickpea Curry with Rice and Spinach	х														
2.17	Chicken & Mushroom Risotto	X														
2.18	Harissa Chicken with Moroccan couscous with Chickpea Salad						х	х				х			X	
2.19	Chicken Biriyani 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														v
2.22	Creamy Stuffed Spinach Salmon with Pasta Salad	X							х							х
2.23	Turkey Sausage & Red Kidney Bean Rice Bowl	X														
2.24	Beef chilli Con Carne with Rice & Spring greens	X									.,				u	
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							х						x	
3.7	Smoked Salmon & Egg Wrap	x							x							x
3.8	Tiramisu Pancakes	x							х							
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								х							
3.14	Honey & Mustard Salmon Bites, Roasted Veg Tray Bake						X									х
3.15	Sweet & Sour Chicken, Jasmine Rice & Stir-Fried Veg			х								X				
3.16	Tuscan Salmon & Orzo Green Salad	X							X							х
3.17	Turkey Sausage Stroganoff, tagliatelle & Zucchini	Х					X		X							
3.18	Chipotle Chicken & Prawn, butternut Squash salad & Flat bread								X		X				х	
3.19	Mongolian Beef, Basmati Rice and Asian Style Salad											X				
3.20	Tikka Masala Cod, Sweet Potato & Mango Chickpea Salad	х					х						X		X	х
3.21	Prawn & Chorizo Loaded Sweet Potato with Avo Salad	X									Х					
3.22	Creamy Red Pesto Chicken, Basmati Rice & Spring Greens	X														v
3.23	Crispy Fried Salmon Rice with Crunchy Mixed Veg	X														Х
3.24	Italian Style Chicken, Orzo & Roasted Zucchini	X							X							
3.25	Honey BBQ Chicken Mac 'n' Cheese, Green Bean Almondine	X		Х					X			X			X	

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4.1	Strawberry Cheesecake Overnight Oats	x							х						x	
4.2	Banana Bread Overnight Oats	x							х						x	
4.3	Chocolate Orange Overnight Oats	x							x						x	
4.4	Biscoff Overnight Oats	x							x						х	
4.5	Tropical Coconut Overnight Oats	x							x				x		x	
4.6	Blueberries & Banana Pancakes	X							X						X	
4.7	Turkey Sausage Breakfast Wrap					X			X							
4.8	Sweet Potato Pancakes with Bacon & Maple Syrup					х										
4.9	Chorizo Egg and Goats Cheese Toasts	X		х					х							
4.10	Superfood Smoked Salmon Scrambled Eggs on Rye	х				X			X							X
4.11	Honey and Soy Chicken with Jasmine Rice and Stir Fried Veg				X							X				
4.12	Pesto Stuffed Turkey Breast, Quinoa and Sweet Potato Salad	X					х								X	
4.13	Turkey Sausage, Fennel Ragu								Х							
4.14	Creamy Turkey and Tomato Casserole with Basmati Rice	Х														
4.15	Salmon and Coconut Curry with Indian Roasted Veg and Basmati Rice	Х											Х			Х
4.16	Turkey Tikka Kebab, Kachumba Salad	х														
4.17	Mediterranean Salmon Penne and Spring Salad	Х							х						X	X
4.18	Spicy Chicken Naked Burrito															
4.19 4.20	Crispy Korean Beef Rice Bowl Meatballs, Fusilli and Roasted Greek Salad	v		X					v			X				
4.21	Teriyaki Beef Rice Bowl	х		x					X			x				
4.21	Chicken Pad Thai Noodles			x					x	x		x			x	
4.23	Prawn and Chorizo Gnocchi with Roasted Garlic Broccoli	x		^	x				x	^		^			A	x
4.24	Asian Chicken Meatballs with Basmati Rice and Asian Veg	^		x	^				x			x			x	A
4.25	Mediterranean Chicken Skewers with Chickpea Salad			^					^			^			^	
7.23	mediterranean emeken skewers with emekpea salau															