

found in fruits, and fats in foods like oily fish. AVAILABLE EVERY DAY PACKED LUNCH AVAILABLE variety of sandwiches and rolls are

available throughout the week, along

with salad, fresh fruit or dessert of

the day

in the Pod

Water, salad, freshly baked bread, yoghurt & fresh fruit.

Menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be met accordingly.



**Breaded Fish** Chips & Beans



Butternut Squash & Bean Burger Chips & Beans 

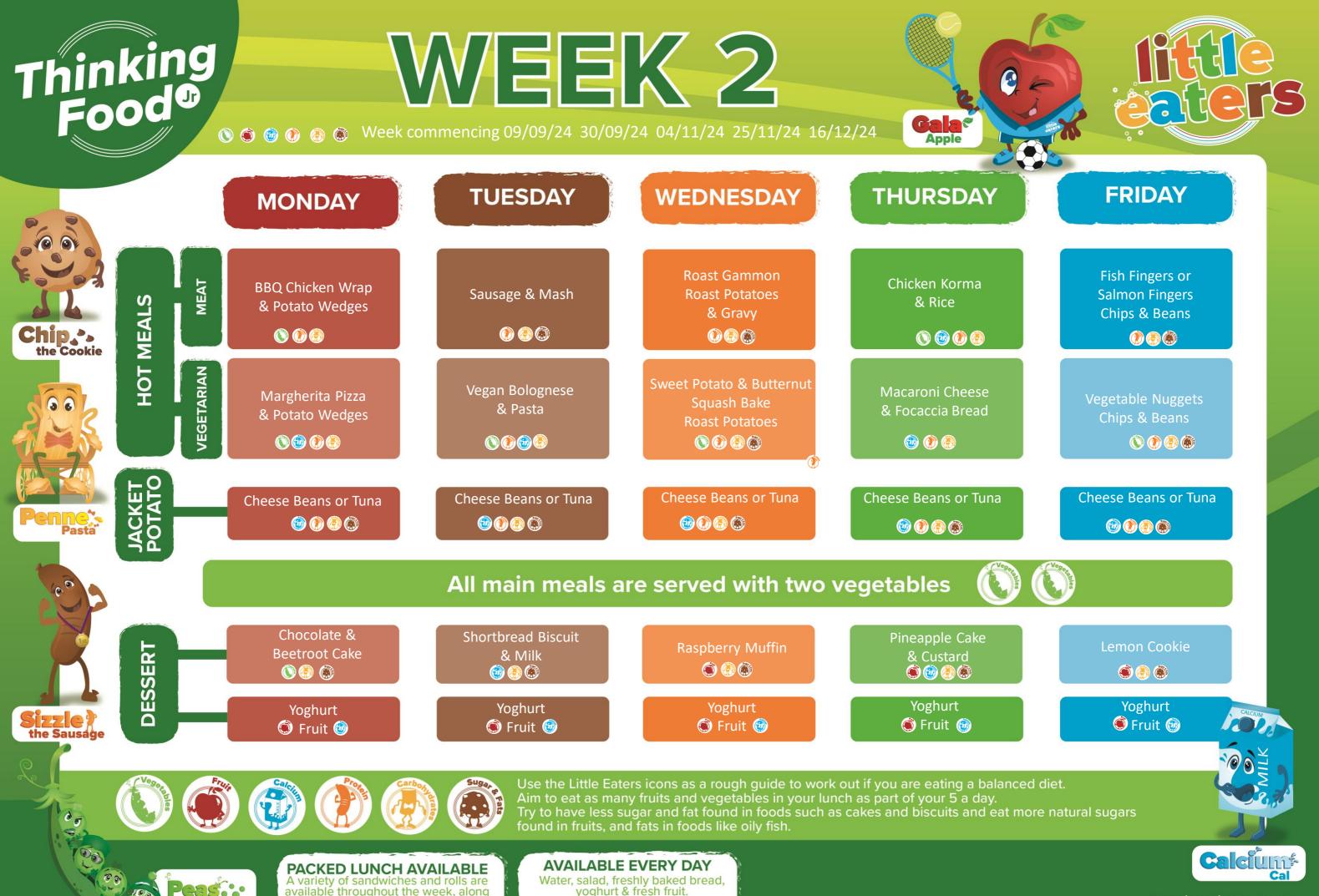
Cheese Beans or Tuna 💮 🕐 💮 🍈



Yoghurt 🍙 Fresh Fruit 🔞

Try to have less sugar and fat found in foods such as cakes and biscuits and eat more natural sugars





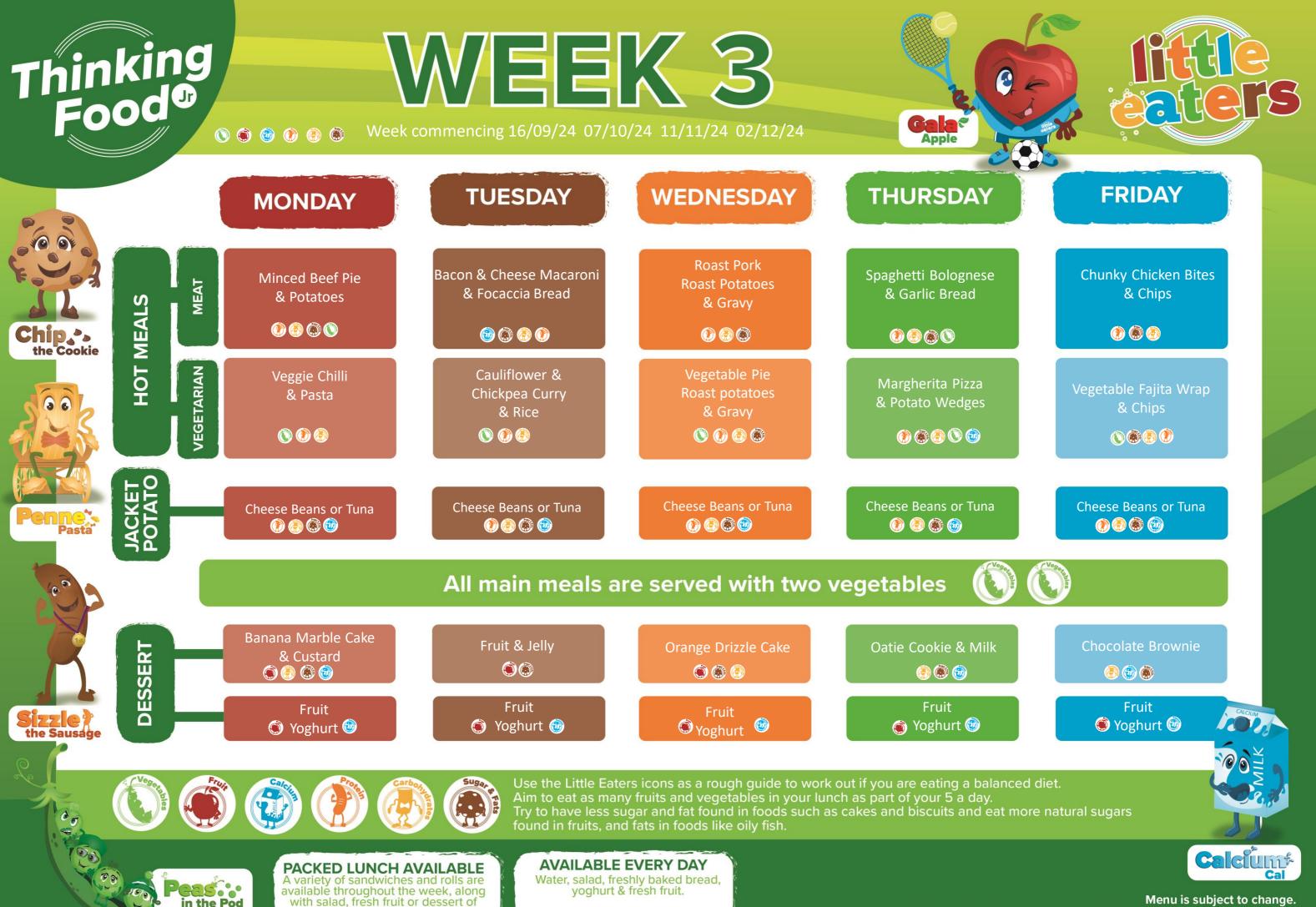
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