















# Thinking Food ALLERGEN CHART

| MENU ITEM                                    |  |  |    |  |    |    |    |    |    |    |  |    |
|--|---|---|---|---|---|---|---|---|---|---|---|---|
| Bacon and Cheese Wedges                      |   |   |   |   |   |   |   |    |   |   |   |   |
| BBQ Chicken Panini                           |  |   |    |   |   |   |    |    |    |    |  |    |
| Black Bean and Mozzarella Quesadilla         |   |   |   |   |   |   |    |    |    |   |  |   |
| Caribbean Jerk Chicken Wrap                  |   |   |    |   |   |   |    |   |    |   |   |   |
| Cheese and Bacon Hasselback Potatoes         |   |   |   |   |   |   |    |   |   |   |  |   |
| Chicken and Bacon Panini                     |  |   |    |   |   |   |    |    |    |    |  |    |
| Chicken and Chorizo Jambalaya                |   |   |   |   |   |   |    |   |   |   |  |   |
| Chicken and Pepper Quesadilla                |  |   |    |   |   |   |    |    |    |   |  |    |
| Chicken and Pepper Quesadilla, Rice and Peas |  |   |    |   |   |   |    |    |    |   |  |    |
| Chicken Tikka Panini                         |  |   |    |   |   |   |    |    |    |    |  |    |
| Duck and Hoi Sin Wrap                        |   |   |   |   |   |   |    |   |    |    |   |    |
| J - Pasta Bar - Bacon Carbonara              |   |   |   |   |   |   |    |    |    |   |   |    |
| J - ABC Cake (Unprepped Veg)                 |   |   |    |   |   |   |    |   |   |   |   |   |
| J - Apple & Cinnamon Cake                    |   |   |   |   |   |   |   |   |   |   |   |   |
| J - Apple & Raspberry Cake                   |   |   |  |   |   |   |  |   |   |   |   |   |
| J - Apple Cake                               |   |   |  |   |   |   |  |   |   |   |   |   |
| J - Apple Cake & Custard                     |   |   |  |   |   |   |  |  |   |   |   |   |
| J - Apple Flapjack                           |   |   |   |   |  |  |  |   |   |   |   |   |
| J - Bacon & Cheese Panini                    |   |   |  |   |   |   |  |  |   |  |   |   |
| J - Baguette - BLT                           |   |   |  |   |   |   |  |   |   |  |   |   |
| J - Baguette - Cheese                        |   |   |  |   |   |   |  |  |   |  |   |   |
| J - Baguette - Cheese & Devon Chutney        |   |   |  |   |   |   |  |  |  |  |   |  |













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| J - Baguette - Cheese & Onion                                   |   |   | ✓   |   |   |   | ✓   | ✓   |   | ✓   |   |   |
| J - Baguette - Cheese & Tomato                                  |   |   | ✓   |   |   |   | ✓   | ✓   |   | ✓   |   |   |
| J - Baguette - Egg Mayo   |   |   | ✓   |   |   |   | ✓   |   | ✓   | ✓   |   |   |
| J - Baguette - Egg Mayo & Rocket                                |   |   | ✓   |   |   |   | ✓   |   | ✓   | ✓   |   |   |
| J - Baguette - Egg Mayo Salad                                   |   |   | ✓   |   |   |   | ✓   |   | ✓   | ✓   |   |   |
| J - Baguette - Ham  |   |   | ✓   |   |   |   | ✓   |   |   | ✓   |   |   |
| J - Baguette - Ham & Cheese                                     |   |   | ✓   |   |   |   | ✓   | ✓   |   | ✓   |   |   |
| J - Baguette - Ham & Devon Chutney                              |   |   | ✓   |   |   |   | ✓   |   | ✓   | ✓   | ✓   |   |
| J - Baguette - Ham & Mustard                                    |   |   | ✓   |   | ✓   |   | ✓   |   | ✓   | ✓   |   |   |
| J - Baguette - Ham & Tomato                                     |   |   | ✓   |   |   |   | ✓   |   |   | ✓   |   |   |
| J - Baguette - Ham Salad  |   |   | ✓   |   |   |   | ✓   |   |   | ✓   |   |   |
| J - Baguette - Hunters Chicken                                  | ✓   |   | ✓   |   |   |   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |
| J - Banana & Blueberry Sponge                                   |   |   | ✓   |   |   |   | ✓   |   |   |   |   |   |
| J - Banana Cake   |   |   | ✓   |   |   |   | ✓   |   |   |   |   |   |
| J - Banana Marble Cake  |   |   | ✓   |   |   |   | ✓   |   |   |   |   |   |
| J - Banana Marble Cake And Custard                              |   |   | ✓   |   |   |   | ✓   | ✓   |   |   |   |   |
| J - Beef Chilli, Steamed Rice, Nachos, Guacamole and Sour Cream |   |   |   |   |   |   |   | ✓   |   |   | ✓   |   |
| J - Beef Lasagne, Garlic Focaccia & Salad                       |   |   | ✓   |   |   |   | ✓   | ✓   | ✓   |   | ✓   | ✓   |
| J - Beef Tikka Masala, Rice, Naan, Chutney & Salad              |   |   |   |   |   |   | ✓   |   |   |   | ✓   |   |
| J - Breaded Chicken Burger And Piri Piri Sauce, Wedges & Salad  |   |   | ✓   |   |   |   | ✓   |   | ✓   | ✓   | ✓   |   |
| J - Breaded Fish, Chips & Beans                                 |   |   |   | ✓   |   |   | ✓   |   |   |   |   |   |
| J - Breaded Fish, Chips & Peas                                  |   |   |   | ✓   |   |   | ✓   |   |   |   |   |   |












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| J - Breaded Fishcake, Pommes Noisettes & Beans                             |   |   |   | ✓   |   |   | ✓   | ✓   | ✓   |   |   | ✓   |
| J - Broccoli & Cauliflower Gratin, Roast Potatoes, Carrots & Cabbage       |   |   |   |   |   |   | ✓   | ✓   |   |   |   | ✓   |
| J - Broccoli & Sweet Potato Bake, Carrots, Cabbage, Roast Potatoes & Gravy |   |   |   |   |   |   |   | ✓   |   |   |   | ✓   |
| J - Carrot Cake  |   |   | ✓   |   |   |   | ✓   |   |   |   |   |   |
| J - Carrot Cake Flapjack   |   |   |   |   | ✓   | ✓   | ✓   |   |   |   |   |   |
| J - Cauliflower, Chickpea & Butternut Curry, Vegetable Rice & Naan         |   |   |   |   |   |   | ✓   |   | ✓   |   |   | ✓   |
| J - Cheese Panini  |   |   | ✓   |   |   |   | ✓   | ✓   |   | ✓   |   |   |
| J - Chicken Bites, Chips & Beans   |   |   |   |   |   |   | ✓   |   |   |   |   |   |
| J - Chicken Bites, Chips & Peas  |   |   |   |   |   |   | ✓   |   |   |   |   |   |
| J - Chilli Beef Nachos   |   |   |   |   |   |   |   | ✓   |   |   |   | ✓   |
| J - Chipolata Sausages, Mash, Onion Gravy, Carrots & Cabbage               |   |   |   |   |   |   |   |   |   |   |   | ✓   |
| J - Chocolate Cookie   |   |   |   |   | ✓   | ✓   | ✓   |   |   |   |   |   |
| J - Chocolate Courgette Cake   |   |   | ✓   |   |   |   | ✓   |   |   |   |   |   |
| J - Chocolate Courgette Cake with Custard 82g                              |   |   | ✓   |   |   |   | ✓   | ✓   |   |   |   |   |
| J - Chocolate Drizzle Shortbread   |   |   |   |   | ✓   |   | ✓   | ✓   |   |   |   | ✓   |
| J - Chocolate Krispie Cake   |   |   |   |   | ✓   |   |   | ✓   |   |   |   |   |
| J - Chocolate Orange Drizzle Cake  |   |   | ✓   |   |   |   | ✓   |   |   |   |   |   |
| J - Chocolate Squash Cake  |   |   | ✓   |   |   |   | ✓   |   |   |   |   |   |
| J - Coconut Cookie   |   |   |   |   | ✓   | ✓   | ✓   |   |   |   |   | ✓   |
| J - Cornflake Cake   |   |   |   |   | ✓   |   |   | ✓   |   |   |   |   |
| J - Custard Cookie   |   |   | ✓   |   |   |   | ✓   | ✓   |   |   |   |   |
| J - Dartmoor Beef Stew & Potatoes  |   |   |   |   |   |   |   |   |   |   |   | ✓   |













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| J - Eton Mess  |   |   | ✓   |   |   |   | ✓   |   |   |   |   |   |
| J - Falafel & Minted Yoghurt Wrap                                |   |   | ✓   |   |   |   | ✓   | ✓   | ✓   |   |   | ✓   |
| J - Falafel & Minted Yoghurt Wrap, Wedges And Salad              |   |   | ✓   |   |   |   | ✓   | ✓   | ✓   |   |   | ✓   |
| J - Fish Fingers, Chips & Beans                                  |   |   |   | ✓   |   |   | ✓   |   |   |   |   |   |
| J - Flapjack   |   |   |   |   | ✓   | ✓   | ✓   |   |   |   |   |   |
| J - Fruit Yoghurt  |   |   |   |   |   |   |   | ✓   |   |   |   |   |
| J - Fruity Flapjack  |   |   |   |   | ✓   | ✓   | ✓   |   |   |   |   |   |
| J - GF - Chocolate Cake (Courgette)                              |   |   |   |   |   |   |   |   |   |   |   | ✓   |
| J - GF - Chocolate Shortbread                                    |   |   |   |   |   |   |   |   |   |   |   | ✓   |
| J - GF Vegan Pineapple Upside Down Cake                          |   |   |   |   |   |   |   |   |   |   |   | ✓   |
| J - GF/DF - Iced Sponge  |   |   | ✓   |   |   |   |   |   |   |   |   | ✓   |
| J - GF/DF - Jam & Coconut Sponge                                 |   |   |   |   |   |   |   |   |   |   |   | ✓   |
| J - GF/DF - Lemon Drizzle Cake                                   |   |   |   |   |   |   |   |   |   |   |   | ✓   |
| J - GF/DF - Oaty Cookie  |   |   |   |   |   |   |   |   |   |   |   |   |
| J - GF/DF Carrot Cake  |   |   |   |   |   |   |   |   |   |   |   | ✓   |
| J - GF/DF Raspberry Shortbread                                   |   |   |   |   |   |   |   |   |   |   |   | ✓   |
| J - Ice Cream  |   |   |   |   |   |   |   | ✓   |   |   |   | ✓   |
| J - Ice Cream Pot  |   |   |   |   |   |   |   | ✓   |   |   |   |   |
| J - Jacqui's ABC Cake (Prepped Veg)                              |   |   | ✓   |   |   |   | ✓   |   |   |   |   | ✓   |
| J - Jelly & Fruit  |   |   |   |   |   |   |   |   |   |   |   |   |
| J - Jelly, Fruit & Custard                                       |   |   |   |   |   |   |   | ✓   |   |   |   |   |
| J - Leek & Potato Bake, Roast Potatoes, Gravy, Carrots & Cabbage |   |   |   |   |   |   |   | ✓   |   |   |   | ✓   |













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| MENU ITEM                                      |  |  |  |  |  |  |  |  |  |  |  |  |
|--|---|---|---|---|---|---|---|---|---|---|---|---|
| J - Lemon Cookie                               |   |   |   |   | ✓   | ✓   | ✓   |   |   |   |   |   |
| J - Lemon Drizzle Cake                         |   |   | ✓   |   |   |   | ✓   |   |   |   |   | ✓   |
| J - Lemon Shortbread                           |   |   | ✓   |   |   |   | ✓   |   |   |   |   | ✓   |
| J - Loaded Chicken Singapore Noodles           |   |   |   |   |   |   | ✓   |   | ✓   |   | ✓   | ✓   |
| J - Loaded Singapore Vegetable Noodles         |   |   |   |   |   |   | ✓   |   | ✓   |   | ✓   | ✓   |
| J - Marble Cake                                |   |   | ✓   |   |   |   | ✓   |   |   |   |   |   |
| J - Meatball Marinara Wrap, Wedges & Salad     |   |   |   |   |   |   |   | ✓   |   |   |   | ✓   |
| J - Mild Chicken Korma, Rice & Mini Naan Bread |   |   |   |   |   |   | ✓   |   | ✓   |   |   | ✓   |
| J - Milk Chocolate Cookie Puck                 |   |   | ✓   |   |   |   | ✓   | ✓   |   |   |   | ✓   |
| J - Mushroom Biryani                           |   |   |   |   |   |   | ✓   |   | ✓   |   |   | ✓   |
| J - Oaty Cookie                                |   |   |   |   | ✓   | ✓   | ✓   |   |   |   |   |   |
| J - Oaty Fruit Cookies                         |   |   |   |   | ✓   | ✓   | ✓   |   |   |   |   |   |
| J - Orange Cookie                              |   |   |   |   | ✓   | ✓   | ✓   |   |   |   |   |   |
| J - Orange Drizzle Cake                        |   |   | ✓   |   |   |   | ✓   |   |   |   |   |   |
| J - Pancake With Caramel Sauce                 |   |   | ✓   |   |   |   | ✓   | ✓   |   |   |   |   |
| J - Pancake With Syrup                         |   |   | ✓   |   |   |   | ✓   | ✓   |   |   |   |   |
| J - Panini - Brie & Bacon                      |   |   | ✓   |   |   |   | ✓   | ✓   |   |   | ✓   |   |
| J - Panini - Cheese & Tomato                   |   |   | ✓   |   |   |   | ✓   | ✓   |   |   | ✓   |   |
| J - Panini - Ham & Cheese                      |   |   | ✓   |   |   |   | ✓   | ✓   |   |   | ✓   |   |
| J - Panini - Mozzarella & Pepperoni            |   |   | ✓   |   |   |   | ✓   | ✓   |   |   | ✓   |   |
| J - Panini - Mozzarella & Pesto                |   |   | ✓   |   |   |   | ✓   | ✓   |   |   | ✓   | ✓   |
| J - Panini - Spicy Chicken                     | ✓   |   | ✓   |   |   |   | ✓   | ✓   | ✓   | ✓   | ✓   | ✓   |













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| J - Pasta Bar - Chorizo & Basil                            |   |   |   |   |   |   | ✓   | ✓   | ✓   |   |   | ✓   |
| J - Pasta Bar - Macaroni Cheese                            |   |   |   |   |   |   | ✓   |   | ✓   |   | ✓   | ✓   |
| J - Pasta Bar - Meatballs                                  |   |   |   |   |   |   | ✓   |   | ✓   |   | ✓   | ✓   |
| J - Pasta Bar - Roasted Vegetable & Tomato Pasta Bake      |   |   |   |   |   |   | ✓   | ✓   | ✓   |   |   | ✓   |
| J - Pasta Bar - Creamy Chicken and Pesto Pasta Bake        |   |   |   |   |   |   | ✓   | ✓   | ✓   |   | ✓   | ✓   |
| J - Pineapple Cake   |   |   | ✓   |   |   |   | ✓   |   |   |   |   | ✓   |
| J - Pink Raspberry Flapjack                                |   |   |   |   | ✓   | ✓   | ✓   |   |   |   |   |   |
| J - Pizza Bar - Margherita Pizza                           |   |   |   |   |   |   | ✓   | ✓   |   |   |   |   |
| J - Pizza Bar - Pepperoni                                  |   |   |   |   |   |   | ✓   | ✓   |   |   |   |   |
| J - Raspberry Shortbread                                   |   |   |   |   |   |   | ✓   |   |   |   |   |   |
| J - Raspberry Yoghurt                                      |   |   | ✓   |   |   |   |   | ✓   |   |   |   |   |
| J - Roast Gammon, Roast Potatoes, Gravy, Carrots & Cabbage |   |   |   |   |   |   |   |   |   |   | ✓   |   |
| J - Roast Pork, Roast Potatoes, Vegetables & Gravy         |   |   |   |   |   |   |   |   |   |   | ✓   |   |
| J - Roasted Vegetable Ratatouille, Rice & Sweetcorn        |   |   |   |   |   |   |   |   |   |   | ✓   |   |
| J - Rocket Lolly   |   |   |   |   |   |   |   |   |   |   |   |   |
| J - Sandwich - Brown - BLT                                 |   |   |   |   |   |   | ✓   |   |   |   |   | ✓   |
| J - Sandwich - Brown - Cheese                              |   |   |   |   |   |   | ✓   | ✓   |   |   |   | ✓   |
| J - Sandwich - Brown - Cheese Salad                        |   |   |   |   |   |   | ✓   | ✓   |   |   |   | ✓   |
| J - Sandwich - Brown - Chicken Mayo                        | ✓   |   | ✓   |   |   |   | ✓   | ✓   | ✓   |   | ✓   | ✓   |
| J - Sandwich - Brown - Chicken Mayo & Bacon                | ✓   |   | ✓   |   |   |   | ✓   | ✓   | ✓   |   | ✓   | ✓   |
| J - Sandwich - Brown - Chicken Mayo Salad                  | ✓   |   | ✓   |   |   |   | ✓   | ✓   | ✓   |   | ✓   | ✓   |
| J - Sandwich - Brown - Chicken Salad                       | ✓   |   | ✓   |   |   |   | ✓   | ✓   | ✓   |   | ✓   | ✓   |

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| J - Sandwich - Brown - Coronation Chicken       | ✔   |   | ✔   |   |   |   | ✔   | ✔   | ✔   |   | ✔   | ✔   |
| J - Sandwich - Brown - Egg Mayo                 |   |   | ✔   |   |   |   | ✔   |   | ✔   |   |   | ✔   |
| J - Sandwich - Brown - Egg Mayo & Rocket        |   |   | ✔   |   |   |   | ✔   |   | ✔   |   |   | ✔   |
| J - Sandwich - Brown - Ham                      |   |   |   |   |   |   | ✔   |   |   |   |   | ✔   |
| J - Sandwich - White - Cheese                   |   |   |   |   |   |   | ✔   | ✔   |   |   |   | ✔   |
| J - Sandwich - White - Cheese & Devon Chutney   |   |   |   |   |   |   | ✔   | ✔   | ✔   |   | ✔   | ✔   |
| J - Sandwich - White - Cheese & Tomato          |   |   |   |   |   |   | ✔   | ✔   |   |   |   | ✔   |
| J - Sandwich - White - Cheese Salad             |   |   |   |   |   |   | ✔   | ✔   |   |   |   | ✔   |
| J - Sandwich - White - Cheese, Mayo & Red Onion |   |   | ✔   |   |   |   | ✔   | ✔   | ✔   |   |   | ✔   |
| J - Sandwich - White - Chicken Mayo             | ✔   |   | ✔   |   |   |   | ✔   | ✔   | ✔   |   | ✔   | ✔   |
| J - Sandwich - White - Chicken Salad            | ✔   |   | ✔   |   |   |   | ✔   | ✔   | ✔   |   | ✔   | ✔   |
| J - Sandwich - White - Egg Mayo & Rocket        |   |   | ✔   |   |   |   | ✔   |   | ✔   |   |   | ✔   |
| J - Sandwich - White - Ham                      |   |   |   |   |   |   | ✔   |   |   |   |   | ✔   |
| J - Sandwich - White - Tuna Melt                |   |   | ✔   | ✔   |   |   | ✔   | ✔   | ✔   |   |   | ✔   |
| J - Shortbread                                  |   |   |   |   |   |   | ✔   |   |   |   |   |   |
| J - Spanish Bean Stew, Carrots & Cabbage        |   |   |   |   |   |   |   |   |   |   | ✔   |   |
| J - Spanish Omelette & Chips                    |   |   | ✔   |   |   |   |   | ✔   |   |   | ✔   |   |
| J - Sticky Toffee Cake                          |   |   | ✔   |   |   |   | ✔   |   |   |   |   |   |
| J - Sticky Toffee Pudding                       |   |   | ✔   |   |   |   | ✔   |   |   |   |   |   |
| J - Sticky Toffee Pudding And Custard           |   |   | ✔   |   |   |   | ✔   | ✔   |   |   |   |   |
| J - Strawberry Cheesecake                       |   |   | ✔   |   |   |   | ✔   | ✔   |   |   |   |   |
| J - Strawberry Jelly Pot                        |   |   |   |   |   |   |   |   |   |   |   |   |

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| J - Syrup Pudding & Custard   |   |   |   |   |   |   |   | ✓   | ✓   |   |   | ✓   |
| J - Thai Green Chicken Curry & Rice   |   |   |   |   |   |   |   |   |   |   |   |   |
| J - Thai Green Vegetable Curry & Rice                                       |   |   |   |   |   |   |   |   |   |   |   |   |
| J - Thai Green Vegetable Curry, Rice, Naan Bread and Tomato and Onion Salad |   |   |   |   |   |   |   | ✓   |   |   |   |   |
| J - Tuna Mayo Wrap  |   |   | ✓   | ✓   |   |   |   | ✓   |   | ✓   |   |   |
| J - Vanilla Ice Cream Pot   |   |   |   |   |   |   |   | ✓   |   |   |   |   |
| J - Vanilla Iced Sponge   |   |   | ✓   |   |   |   |   | ✓   |   |   |   |   |
| J - Vegan - Lemon Drizzle Cake  |   |   |   |   |   |   |   | ✓   |   |   |   |   |
| J - Vegan Banana Marble Cake  |   |   |   |   |   |   |   | ✓   |   |   |   | ✓   |
| J - Vegan Chocolate Cake  |   |   |   |   |   |   |   | ✓   |   |   |   | ✓   |
| J - Vegan Jam and Coconut Cake  |   |   |   |   |   |   |   | ✓   |   |   |   | ✓   |
| J - Vegan Jam Sponge  |   |   |   |   |   |   |   | ✓   |   |   |   | ✓   |
| J - Vegan Vanilla Sponge  |   |   |   |   |   |   |   | ✓   |   |   |   | ✓   |
| J - Vegetable Chilli, Rice & Nachos   |   |   |   |   |   |   |   |   |   |   |   | ✓   |
| J - Vegetable Fajita Panini   |   |   | ✓   |   |   |   |   | ✓   | ✓   |   | ✓   |   |
| J - Vegetable Fajita, Chips & Peas  |   |   |   |   |   |   |   | ✓   | ✓   | ✓   |   |   |
| J - Vegetable Lasagne & Garlic Focaccia                                     |   |   | ✓   |   |   |   |   | ✓   | ✓   | ✓   |   | ✓   |
| J - Vegetable Soft Shell Taco with Chips                                    |   |   |   |   |   |   |   | ✓   |   |   |   | ✓   |
| J - Vegetarian Hot Pot And Seasonal Vegetables                              |   |   |   |   |   |   |   |   |   |   |   | ✓   |
| J - Wrap - BLT  |   |   |   |   |   |   |   | ✓   |   | ✓   |   |   |
| J - Wrap - Cheese   |   |   |   |   |   |   |   | ✓   | ✓   | ✓   |   |   |
| J - Wrap - Cheese & Bean, Carrots & Cabbage                                 |   |   |   |   |   |   |   | ✓   | ✓   | ✓   |   | ✓   |



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| J - Wrap - Cheese & Devon Chutney                   |   |   |   |   |   |   |  |  |  |   |  |   |
| J - Wrap - Cheese Salad                             |   |   |   |   |   |   |  |  |  |   |   |   |
| J - Wrap - Cheese, Devon Chutney & Salad            |   |   |   |   |   |   |  |  |  |   |  |   |
| J - Wrap - Chicken & Bacon                          |  |   |  |   |   |   |  |  |  |   |  |  |
| J - Wrap Bar- Spicy Beef, Paprika Wedges & Rootslaw |   |   |  |   |   |   |  |   |  |   |  |   |
| Patatas Bravas Wedges                               |   |   |   |   |   |   |   |   |   |   |   |   |
| Pork Bahm Mi  |   |   |  |   |   |   |  |   |   |  |   |  |
| Roasted Vegetable and Hummus Wrap                   |   |   |   |   |   |   |  |   |  |   |  |   |
| Sandwich - White - Coronation Chicken               |  |   |  |   |   |   |  |  |  |   |  |  |
| Spicy Chicken Rice Pot with Steamed Broccoli        |   |   |   |   |   |   |   |   |   |   |  |   |
| Spicy Potato Bites                                  |   |   |   |   |   |   |   |   |   |   |   |   |
| Tandoori Chicken Wrap                               |   |   |  |   |   |   |  |  |  |   |   |   |
| Toasted Cubano                                      |   |   |  |   |   |   |  |  |   |  |   |   |