

Casa Oct 25



Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Wk 1 Mon					
Piri Piri Chicken Leg with Spiced Rice & Rainbow Slaw - 1 Serving		742Kcal			
Smoky Chicken & Pepper Chimichurri Taco Roll - 1 Serving		353Kcal	 WHEAT  MILK		
Piri Piri Chick 'n' Mix - 1 Serving		416Kcal			
Wk 1 Tue					
One Pot Jollof Rice with West African Chicken - 1 Serving		352Kcal			
Crispy Onion Bhaji with Beetroot Mango Slaw in a Beetroot Wrap - 1 Serving		285Kcal	 WHEAT	 MUSTARD  SULPHITES	 VEGETARIAN  VEGAN
Buffalo Chick 'n' Mix - 1 Serving		361Kcal			
Wk 1 Wed					
Fajita Chicken Burrito & Spicy Potatoes - 1 Serving		562Kcal	 WHEAT		
Mexican Chicken Hot Buddha Bowl - 1 Serving		367Kcal			
Tandoori Chick 'n' Mix - 1 Serving		394Kcal			
Wk 1 Thur					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Buffalo Chicken with Vegetable rice & Hot Sauce - 1 Serving		426 Kcal			
Turkish Beef Kofte Kebab with Tomato Salad & Chilli Sauce - 1 Serving		376 Kcal	 WHEAT	 MILK  SOYA	
Maple & Sweet Chilli Chicken Chick 'n' Mix - 1 Serving		406 Kcal			 HALAL
Wk 1 Fri					
Texan BBQ Chicken Burger with Mexican Slaw & Fries - 1 Serving		608 Kcal	 WHEAT, BARLEY  CELERY  SOYA  EGGS  SESAME		
Hand Battered Peri Peri Fish with Chips & Perinaise Sauce - 1 Serving		540 Kcal	 WHEAT, BARLEY  FISH  EGGS	 SULPHITES	
Nacho Loaded Fries - 1 Serving		340 Kcal	 MILK		 VEGETARIAN
Chilli Loaded Fries - 1 Serving		398 Kcal		 WHEAT	

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Asian Loaded Fries (V) - 1 Serving		234 Kcal	 SOYA		 VEGETARIAN  VEGAN
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		352 Kcal	 MILK		
Louisiana Voodoo Fries - 1 Serving		374 Kcal	 MILK  MUSTARD  SULPHITES		 VEGETARIAN
Wk 2 Mon					
Jerk Chicken Leg with Rice & Peas - 1 Serving		496 Kcal	 MUSTARD  SULPHITES		
Katsu Chicken Wrap with Asian Slaw & Curried Mayo - 1 Serving		424 Kcal	 WHEAT  EGGS		
BBQ Chick 'n' Mix - 1 Serving		436 Kcal			
Wk 2 Tue					
Chill Beef Garlic butter Folded Wrap with Yellow Rice - 1 Serving		640 Kcal	 WHEAT  MILK		
3 Cheese Jalapeno Popper Baguette Topped with Nachos & Salsa - 1 Serving		474 Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Buffalo Chick 'n' Mix - 1 Serving		361 Kcal			
Wk 2 Wed					

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BBQ Chicken & Cheddar Quesadilla with Spicy Potatoes - 1 Serving		493 Kcal	 WHEAT, BARLEY  MILK		
Greek Chicken Hot Buddha Bowl - 1 Serving		428 Kcal	 WHEAT  EGGS  MILK	 SOYA	
Piri Piri Chick 'n' Mix - 1 Serving		416 Kcal			
Wk 2 Thur					
Piri Piri Chick 'n' Rice - 1 Serving		508 Kcal		 WHEAT	
Sticky Asian Chicken Meatball Banh Mi - 1 Serving		482 Kcal	 WHEAT  SOYA	 BARLEY  SESAME	
Jerk Chick 'n' Mix - 1 Serving		349 Kcal			 HALAL
Wk 2 Fri					
Charred Lemon & Herb Chicken Burger With Roast Peppers & Fries - 1 Serving		531 Kcal	 WHEAT  SESAME		
Baked Cajun Cod Taco with Crunchy Salad & Garlic Mayonnaise - 1 Serving		400 Kcal	 EGGS  FISH		

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Louisiana Voodoo Fries - 1 Serving		374 Kcal	 MILK  SO ₂ SULPHITES		 VEGETARIAN
Wk 3 Mon					
Firecracker Chicken Leg with Dirty Rice & Portuguese Tomato Salad - 1 Serving		377 Kcal			
Sticky Korean Chicken Cheesy Melt - 1 Serving		474 Kcal	 WHEAT  SOYA	 MILK  BARLEY  SESAME	
Buffalo Chick 'n' Mix - 1 Serving		361 Kcal			
Wk 3 Tue					
Mexican Pork or Chicken & Bean Soft Taco, Red Slaw & Rice - 1 Serving		689 Kcal	 WHEAT		
Buffalo Chicken Slider & Ranch Slaw - 1 Serving		356 Kcal	 WHEAT  MILK	 EGGS  MUSTARD	 SESAME
Piri Piri Chick 'n' Mix - 1 Serving		416 Kcal			
Wk 3 Wed					
Chilli Beef Enchilada with Mexican Sweetcorn Slaw - 1 Serving		672 Kcal	 WHEAT  EGGS		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Caribbean Jerk Chicken Hot Buddha Bowl with Rice & Peas - 1 Serving		331 Kcal			
BBQ Chick 'n' Mix - 1 Serving		436 Kcal			
Wk 3 Thur					
Cajun Pulled Pork/ Chicken with Boston BBQ Pit Beans & Dirty Rice - 1 Serving		516 Kcal	 WHEAT, BARLEY  SOYA  CELERY		
Jalapeno Nacho Dog with Cheese & Salsa - 1 Serving		920 Kcal	 WHEAT  MILK  SOYA  EGGS  MUSTARD  SULPHITES	 BARLEY  SESAME	
Maple & Sweet Chilli Chicken Chick 'n' Mix - 1 Serving		406 Kcal			 HALAL
Wk 3 Fri					
Peri Peri Chicken Thigh Burger With Perinaise Sauce & Paprika Fries - 1 Serving		722 Kcal	 WHEAT  SESAME  EGGS		
Battered Fish Burger with Selection of Peri Peri Sauces & Chips - 1 Serving		655 Kcal	 WHEAT  SESAME  FISH  SULPHITES		

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Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		352Kcal	 MILK		