

Menu

↳ Casa Oct 25



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g	Nutri-Score C
Wk 1 Mon			6406	26942	298.7	788.9	92.2	
Piri Piri Chicken Leg with Spiced Ric...	1 Serving	652	742	3126	34	101	11	(A)
Smoky Chicken & Pepper Chimichurr...	1 Serving	169	353	1481	30	23	2.4	(B)
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	(C)
Wk 1 Tue			2384	10016	231.3	159.5	35.5	
One Pot Jollof Rice with West African...	1 Serving	322	352	1486	48	21	3.5	(A)
Crispy Onion Bhaji with Beetroot Man...	1 Serving	144	285	1194	37	6.6	8.4	(C)
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	(B)
Wk 1 Wed			3956	16656	479	230	36.7	
Fajita Chicken Burrito & Spicy Potato...	1 Serving	331	562	2372	90	22	4.5	(A)
Mexican Chicken Hot Buddha Bowl	1 Serving	320	367	1550	53	20	6.3	(A)
Tandoori Chick 'n' Mix	1 Serving	233	394	1643	4.7	40	0.7	(B)
Wk 1 Thur			2679	11244	226	179.4	39.5	
Buffalo Chicken with Vegetable rice ...	1 Serving	237	426	1794	57	22	5	(B)
Turkish Beef Kofte Kebab with Tomat...	1 Serving	192	376	1577	33	20	3.9	(B)
Maple & Sweet Chilli Chicken Chick '...	1 Serving	233	406	1698	12	38	8.6	(B)
Wk 1 Fri			8232	34570	1085	309	84.5	
Texan BBQ Chicken Burger with Mexi...	1 Serving	337	608	2555	85	20	10	(A)
Hand Battered Peri Peri Fish with Chi...	1 Serving	365	540	2276	84	23	2	(A)
Nacho Loaded Fries	1 Serving	257	340	1426	40	12	3.6	(B)
Chilli Loaded Fries	1 Serving	331	398	1668	44	20	3.5	(A)
Asian Loaded Fries (V)	1 Serving	213	234	986	43	5.4	7.1	(C)
Loaded Fries with Cheese, Bacon & S...	1 Serving	228	352	1477	37	14	1.9	(B)
Louisiana Voodoo Fries	1 Serving	192	374	1560	35	9.2	1.7	(C)
Wk 2 Mon			3468	14591	269	342.8	45.9	
Jerk Chicken Leg with Rice & Peas	1 Serving	341	496	2099	46	65	3.8	(A)
Katsu Chicken Wrap with Asian Slaw ...	1 Serving	180	424	1778	47	16	6.4	(B)
BBQ Chick 'n' Mix	1 Serving	233	436	1820	12	40	9.2	(C)
Wk 2 Tue			3794	15915	401.3	189.6	29.9	
Chill Beef Garlic butter Folded Wrap ...	1 Serving	324	640	2688	79	24	2.4	(B)
3 Cheese Jalapeno Popper Baguette ...	1 Serving	185	474	1991	66	16	5.4	(C)
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	(B)
Wk 2 Wed			3663	15373	354.7	219	48.8	
BBQ Chicken & Cheddar Quesadilla w...	1 Serving	285	493	2069	55	24	4.5	(B)
Greek Chicken Hot Buddha Bowl	1 Serving	301	428	1803	57	20	6.6	(A)

Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	C
Wk 2 Thur			3537	14867	340.7	250	57.9	
Piri Piri Chick 'n' Rice	1 Serving	314	508	2137	49	38	4.2	A
Sticky Asian Chicken Meatball Banh Mi	1 Serving	234	482	2032	69	21	12	B
Jerk Chick 'n' Mix	1 Serving	233	349	1459	11	35	7.1	B
Wk 2 Fri			3257	13653	362	141	45.5	
Charred Lemon & Herb Chicken Burg...	1 Serving	346	531	2236	73	28	9.3	A
Baked Cajun Cod Taco with Crunchy ...	1 Serving	175	400	1665	24	15	5.7	B
Louisiana Voodoo Fries	1 Serving	192	374	1560	35	9.2	1.7	C
Wk 3 Mon			3135	13202	214.3	365	38.6	
Firecracker Chicken Leg with Dirty Ri...	1 Serving	357	377	1597	21	63	2.1	A
Sticky Korean Chicken Cheesy Melt	1 Serving	200	474	1995	58	29	9.5	C
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	B
Wk 3 Tue			3793	15906	374.7	200	59.3	
Mexican Pork or Chicken & Bean Soft...	1 Serving	314	689	2894	91	23	9.4	B
Buffalo Chicken Slider & Ranch Slaw	1 Serving	185	356	1495	34	20	7.4	B
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	C
Wk 3 Wed			4330	18170	416	251	79.3	
Chilli Beef Enchilada with Mexican S...	1 Serving	336	672	2819	73	30	9.9	B
Caribbean Jerk Chicken Hot Buddha ...	1 Serving	318	331	1397	45	18	7.7	A
BBQ Chick 'n' Mix	1 Serving	233	436	1820	12	40	9.2	C
Wk 3 Thur			5777	24199	470	338	113.8	
Cajun Pulled Pork/ Chicken with Bost...	1 Serving	376	516	2171	48	42	18	B
Jalapeno Nacho Dog with Cheese & S...	1 Serving	314	920	3844	83	29	8.2	D
Maple & Sweet Chilli Chicken Chick '...	1 Serving	233	406	1698	12	38	8.6	B
Wk 3 Fri			6396	26895	755	318	83.1	
Peri Peri Chicken Thigh Burger With ...	1 Serving	438	722	3036	77	46	11	A
Battered Fish Burger with Selection o...	1 Serving	371	655	2756	90	23	8.3	B
Loaded Fries with Cheese, Bacon & S...	1 Serving	228	352	1477	37	14	1.9	B
TOTALS:			64809	272200	2134	1405	310	
AVERAGES:			1323	5555	44	28.7	6.3	