

# Menu

↳ 6th Form Feb 26



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g	Nutri-Score C
<b>Wk 1 Mon</b>			<b>1432</b>	<b>6015</b>	<b>169</b>	<b>63</b>	<b>21.8</b>	
Slow Cooked Spaghetti Bolognese with G...	1 Serving	324	584	2458	74	28	9.3	(A)
BBQ Bacon Ranch BLT	1 Serving	235	504	2117	59	22	10	(C)
Loaded Wedges with Cheese, Bacon & Sa...	1 Serving	218	344	1440	36	13	2.5	(B)
<b>Wk 1 Tue</b>			<b>1252</b>	<b>5239</b>	<b>116</b>	<b>51</b>	<b>24.3</b>	
Chicken, Chorizo, Sweet Potato Hash wit...	1 Serving	263	308	1290	27	17	8.1	(A)
Nacho Chilli Cheese Chicken Pasty	1 Serving	186	441	1846	34	23	12	(D)
Hot Topped Nacho Pot with Salsa, Sour C...	1 Serving	150	503	2103	55	11	4.2	(C)
<b>Wk 1 Wed</b>			<b>2465</b>	<b>10326</b>	<b>196</b>	<b>163</b>	<b>25</b>	
Slow Roast Pork with Skin-On Roast Pota...	1 Serving	334	434	1820	32	35	4.4	(A)
Marinated Roast Chicken Thigh with Skin...	1 Serving	378	493	2062	28	42	4.4	(A)
Honey Roast Gammon with Skin-On Roas...	1 Serving	246	312	1306	25	21	4	(A)
Marinated Roast Quorn Fillet with Skin-O...	1 Serving	285	293	1228	28	14	4.7	(A)
Chicken Shawarma Hot Buddha Bowl	1 Serving	301	428	1803	57	20	6.6	(A)
Smothered Roasties with Pulled Chicken ...	1 Serving	313	505	2107	26	31	0.9	(A)
<b>Wk 1 Thur</b>			<b>1454</b>	<b>6106</b>	<b>183</b>	<b>54</b>	<b>22.4</b>	
Hot Honey Crispy Chicken with Steamed ...	1 Serving	315	386	1634	71	16	13	(A)
American Beef Cheese steak Baguette wi...	1 Serving	206	565	2369	57	27	5.2	(C)
Hot Topped Nacho Pot with Salsa, Sour C...	1 Serving	150	503	2103	55	11	4.2	(C)
<b>Wk 1 Fri</b>			<b>1816</b>	<b>7621</b>	<b>217</b>	<b>70</b>	<b>7.5</b>	
Hand Battered Fish And Chips	1 Serving	364	470	1989	81	25	0.5	(B)
Battered Fish with Chips	1 Serving	245	388	1628	46	15	1	(A)
Homemade Cheddar, Sage & Onion Sausa...	1 Serving	245	537	2244	51	15	2.7	(C)
Loaded Pizza Fries	1 Serving	255	421	1760	39	15	3.3	(C)
<b>Wk 2 Mon</b>			<b>1325</b>	<b>5577</b>	<b>147</b>	<b>85</b>	<b>11.3</b>	
Creamy Piri Piri Chicken with Garlic Orzo	1 Serving	246	433	1831	46	44	3.6	(A)
Hunters Chicken Folded Wrap	1 Serving	233	548	2306	65	28	5.2	(C)
Loaded Wedges with Cheese, Bacon & Sa...	1 Serving	218	344	1440	36	13	2.5	(B)
<b>Wk 2 Tue</b>			<b>1541</b>	<b>6456</b>	<b>170</b>	<b>52</b>	<b>10.1</b>	
Crunchy Crumb Cheese Topped Cumberla...	1 Serving	246	459	1920	37	23	3.4	(B)
Tandoori Chicken Naan Wrap Pot	1 Serving	222	579	2433	78	18	2.5	(A)
Hot Topped Nacho Pot with Salsa, Sour C...	1 Serving	150	503	2103	55	11	4.2	(C)
<b>Wk 2 Wed</b>			<b>1279</b>	<b>5343</b>	<b>78</b>	<b>75</b>	<b>5.6</b>	
Chargrilled Cheeseburger with Sauce Sel...	1 Serving	325	774	3236	52	44	4.7	(C)
Smothered Roasties with Pulled Chicken ...	1 Serving	313	505	2107	26	31	0.9	(A)

Wk 2 Thur			1551	6520	200	70	22.9	
Korean Pulled Pork with Kimchi & Fried R...	1 Serving	253	579	2443	82	36	7.7	(B)
Nut Free Satay Chicken Bowl, Coconut Ri...	1 Serving	362	469	1974	63	23	11	(B)
Hot Topped Nacho Pot with Salsa, Sour C...	1 Serving	150	503	2103	55	11	4.2	(C)
Wk 2 Fri			1755	7378	234	67	9.1	
Hand Battered Fish And Chips	1 Serving	364	470	1989	81	25	0.5	(B)
Battered Fish with Chips	1 Serving	245	388	1628	46	15	1	(A)
Crispy Falafel & Houmous Pitta pocket wi...	1 Serving	260	476	2001	68	12	4.3	(A)
Loaded Pizza Fries	1 Serving	255	421	1760	39	15	3.3	(C)
Wk 3 Mon			1368	5749	159	72	12.6	
Southern Baked Ranch Chicken & Rice Po...	1 Serving	286	559	2358	73	37	4.8	(B)
Toasted Sourdough Reuban Sandwich	1 Serving	203	465	1951	50	22	5.3	(C)
Loaded Wedges with Cheese, Bacon & Sa...	1 Serving	218	344	1440	36	13	2.5	(B)
Wk 3 Tue			1828	7660	215	54	17.1	
Jumbo Sausage in a Crusty Baguette with...	1 Serving	363	819	3434	99	24	8.2	(B)
Crispy Chicken Stack Burger	1 Serving	228	506	2123	61	19	4.7	(A)
Hot Topped Nacho Pot with Salsa, Sour C...	1 Serving	150	503	2103	55	11	4.2	(C)
Wk 3 Wed			926	3876	79	52	9	
Greek Chicken Orzo Bowl with Roasted V...	1 Serving	301	421	1769	53	21	8.1	(A)
Smothered Roasties with Pulled Chicken ...	1 Serving	313	505	2107	26	31	0.9	(A)
Wk 3 Thur			1346	5635	128	59	26.5	
Tex Mex Pulled Pork/ Chicken with Bosto...	1 Serving	267	377	1586	38	29	15	(B)
BBQ Meatball & Cheese Hotpocket Turno...	1 Serving	177	466	1946	35	19	7.3	(D)
Hot Topped Nacho Pot with Salsa, Sour C...	1 Serving	150	503	2103	55	11	4.2	(C)
Wk 3 Fri			1690	7105	229	64	15.8	
Hand Battered Fish And Chips	1 Serving	364	470	1989	81	25	0.5	(B)
Battered Fish with Chips	1 Serving	245	388	1628	46	15	1	(A)
Sweet Chilli Crispy Mac 'n' Cheese Bites ...	1 Serving	245	411	1728	63	9.4	11	(C)
Loaded Pizza Fries	1 Serving	255	421	1760	39	15	3.3	(C)

TOTALS:	59769	250844	2520	1051	241
AVERAGES:	1220	5119	51	21.5	4.9