

Menu

↳ 6th Form 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			2653	11121	274	119.3	30.8	
Slow Cooked BBQ Beef Chill with Ric...	1 Serving	258	506	2120	56	20	8.2	(B)
Smoky Chicken & Pepper Chimichurr...	1 Serving	169	353	1481	30	23	2.4	(B)
Loaded Wedges with Cheese, Bacon ...	1 Serving	218	344	1440	36	13	2.5	(B)
Wk 1 Tue			2695	11303	330	82	33.1	
Crispy Chicken Burger with Mediterr...	1 Serving	293	522	2193	66	19	5	(A)
Crispy Onion Bhaji with Beetroot Man...	1 Serving	144	285	1194	37	6.6	8.4	(C)
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	(C)
Wk 1 Wed			8150	34110	631	479.5	53.9	
Slow Roast Pork with Skin-On Roast ...	1 Serving	254	393	1648	26	32	1	(A)
Marinated Roast Chicken Thigh with ...	1 Serving	298	452	1891	22	39	1	(A)
Honey Roast Gammon with Skin-On ...	1 Serving	246	312	1306	25	21	4	(A)
Cheesy Broccoli & Stuffing Pinwheel ...	1 Serving	283	660	2749	47	15	3.6	(C)
Marinated Roast Quorn Fillet with Ski...	1 Serving	223	254	1063	24	11	2.4	(A)
Mexican Chicken Hot Buddha Bowl	1 Serving	320	367	1550	53	20	6.3	(A)
Smothered Roasties with Pulled Chic...	1 Serving	313	458	1914	26	32	0.9	(A)
Wk 1 Thur			2637	11076	202	218.9	15.8	
Crispy Garlic & Herb Chicken Thigh w...	1 Serving	329	353	1489	17	50	0.6	(A)
Turkish Beef Kofte Kebab with Tomat...	1 Serving	192	376	1577	33	20	3.9	(B)
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	(C)
Wk 1 Fri			5729	24051	723	214.8	35	
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)
Cajun Spiced Mushroom Burger with ...	1 Serving	336	535	2240	61	13	6	(B)
Loaded Pizza Fries	1 Serving	270	471	1965	41	16	3.9	(C)
Wk 2 Mon			3261	13684	365	148.2	34.7	
Chicken & Pepperoni Pasta Bake with...	1 Serving	277	632	2656	73	33	6.4	(B)
Katsu Chicken Wrap with Asian Slaw ...	1 Serving	180	424	1778	47	16	6.4	(B)
Loaded Wedges with Cheese, Bacon ...	1 Serving	218	344	1440	36	13	2.5	(B)
Wk 2 Tue			3707	15554	461	124.1	24.1	
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)
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	(C)
Wk 2 Wed			5074	21265	499	255	61.9	
Cauliflower Cheese Yorkie, Roast Pot...	1 Serving	431	546	2286	57	22	9.1	(B)

Greek Chicken Hot Buddha Bowl	1 Serving	301	428	1803	57	20	6.6	(A)
Smothered Roasties with Pulled Chic...	1 Serving	313	458	1914	26	32	0.9	(A)
Wk 2 Thur			2730	11479	362	110.5	41.4	
Creamy Paprika Chicken With Rice	1 Serving	206	411	1731	57	22	3.4	(A)
Sticky Asian Chicken Meatball Banh Mi	1 Serving	234	482	2032	69	21	12	(B)
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	(C)
Wk 2 Fri			5076	21335	681	200.8	39.8	
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 Chillli Crispy Mac 'n' Cheese Bi...	1 Serving	250	458	1924	65	12	10	(B)
Loaded Pizza Fries	1 Serving	270	471	1965	41	16	3.9	(C)
Wk 3 Mon			3335	13997	374	163.4	45.7	
Beef Bolognese Pasta Bake with Garl...	1 Serving	298	549	2303	60	26	7.1	(A)
Sticky Korean Chicken Cheesy Melt	1 Serving	200	474	1995	58	29	9.5	(C)
Loaded Wedges with Cheese, Bacon ...	1 Serving	218	344	1440	36	13	2.5	(B)
Wk 3 Tue			2472	10347	234	116.5	33.5	
Chicken & Chickpea Tagine with Spic...	1 Serving	315	336	1405	28	20	4.3	(A)
Buffalo Chicken Slider & Ranch Slaw	1 Serving	185	356	1495	34	20	7.4	(B)
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	(C)
Wk 3 Wed			6431	26902	545	307	53.4	
Toad in the Hole with Skin-On Roast ...	1 Serving	339	703	2935	58	23	5.3	(C)
Plant Based Sausage Toad with Skin-...	1 Serving	288	542	2263	43	25	2.8	(A)
Caribbean Jerk Chicken Hot Buddha ...	1 Serving	318	331	1397	45	18	7.7	(A)
Smothered Roasties with Pulled Chic...	1 Serving	313	458	1914	26	32	0.9	(A)
Wk 3 Thur			5585	23392	525	265.5	100	
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)
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	(C)
Wk 3 Fri			5638	23680	737	212.8	28	
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 pock...	1 Serving	300	569	2385	73	14	4.4	(A)
Loaded Pizza Fries	1 Serving	270	471	1965	41	16	3.9	(C)
TOTALS:			65169	273290	2617	1091	241	
AVERAGES:			1230	5156	49	20.6	4.5	