

6th Form

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Toasties					
Chicken & Red Pesto - 1 Serving		413 Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	
Loaded Cheese & Onion - 1 Serving		403 Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	
Cheese and Ham Toastie - 1 Serving		347 Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	
Tomato & Mozzarella Pesto Toastie - 1 Serving		368 Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	
Tuna Sweetcorn Melt Toastie - 1 Serving		431 Kcal	 WHEAT  EGGS  MILK  FISH	 OATS, BARLEY, RYE	
Roasted Peppers and Halloumi - 1 Serving		531 Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	
BBQ Chicken & Cheese Toastie - 1 Serving		482 Kcal	 WHEAT, BARLEY  SOYA  MILK  CELERY	 OATS, RYE	
Pizza Grilled Cheese - 1 Serving		316 Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	
Fish Finger & Ketchup - 1 Serving		424 Kcal	 WHEAT  FISH	 OATS, BARLEY, RYE	
Mushroom, Red Onion & Mozzarella - 1 Serving		400 Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	
Grab & Go					
Crispy Chicken Wrap with Spicy Salsa - 1 Serving		426 Kcal	 WHEAT	 EGGS  MILK	
Crispy Chicken Wrap with Cool Mayo - 1 Serving		473 Kcal	 WHEAT  EGGS	 MILK	

Crispy Chicken Wrap with Sweet Chilli - 1 Serving	444Kcal	WHEAT	EGGS MILK
Dolce Cheddar Beef Burger - 1 Serving	519Kcal	WHEAT SOYA	MILK SULPHITES SESAME
Falafel Burger - 1 Serving	374Kcal	WHEAT	SESAME
TUGO Mac N Cheese Pasta Pot - 1 Serving	352Kcal	WHEAT	MILK MUSTARD
Hot Roast Gammon Baguette - 1 Serving	445Kcal	WHEAT	BARLEY SESAME
Marinated Roast Chicken Baguette - 1 Serving	491Kcal	WHEAT	BARLEY SESAME
Slow Roast Pork & Apple Sauce Baguette - 1 Serving	546Kcal	WHEAT	BARLEY SESAME
Nacho Pot with Guacomole, Salsa & Cheese - 1 Serving	491Kcal	WHEAT SULPHITES	EGGS MILK
Jumbo Hot Dog with Sauce Selection - 1 Serving	648Kcal	WHEAT SULPHITES	EGGS SOYA OATS, BARLEY, RYE MILK
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	360Kcal		MILK
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal		MILK
Boxt Beef & Tomato Sauce - 1 Serving	71Kcal		
Boxt Nepalese Curry Sauce - 1 Serving	130Kcal		MILK

Boxt Sweet & Sour Vegetables - 1 Serving	63Kcal	 CELERY		
Boxt Katsu Chicken - 1 Serving	140Kcal	 WHEAT	 SOYA	
BOXT Noodles (Carb) - 1 Serving	277Kcal	 WHEAT		
Boxt Pepperonata Sauce - 1 Serving	44Kcal			
Boxt Black Bean Pork Sauce - 1 Serving	335Kcal	 WHEAT	 SESAME	 SOYA
BOXT Thai Red Chicken - 1 Serving	158Kcal			
Boxt Sicilian Vegetables Sauce - 1 Serving	39Kcal			
BOXT Black Bean Vegetables - 1 Serving	61Kcal	 WHEAT	 SESAME	 SOYA
Boxt Bang Bang Chicken Sauce - 1 Serving	76Kcal			
Boxt Caribbean Curry Sauce - 1 Serving	160Kcal			
Boxt Balinese Chicken Sauce - 1 Serving	124Kcal	 MILK		
Sweet Chilli & Soy Glazed Vegetable & Noodles - 1 Serving	490Kcal	 WHEAT	 SOYA	
Oriental BBQ Vegetable Stir Fry Noodles - 1 Serving	576Kcal	 WHEAT	 SOYA	
Hoi Sin Vegetable & Noodle Stir Fry & Spring Roll - 1 Serving	473Kcal	 WHEAT	 SESAME	 SOYA