

Menu

↳ 6th Form 25



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g	Nutri-Score ↻
Wk 1 Mon			-	-	-	-	-	
Loaded Wedges with Cheese, Bacon ...	1 Serving	218	344	1440	36	13	2.5	(B)
Slow Cooked Beef Chilli Macaroni Melt	1 Serving	275	527	2214	59	25	4.7	(A)
Toasted Cheesy Garlic Chicken Wrap	1 Serving	177	425	1779	31	27	2.1	(C)
Wk 1 Tue			-	-	-	-	-	
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	(C)
Crispy Katsu Chicken Burger with Cu...	1 Serving	317	557	2340	75	17	4.9	(A)
Jamaican Beef Patty	1 Serving	153	490	2043	34	18	1	(D)
Wk 1 Wed			-	-	-	-	-	
Smothered Roasties with Pulled Chic...	1 Serving	243	382	1593	26	18	0.9	(A)
Slow Roast Pork with Skin-On Roast ...	1 Serving	254	393	1648	26	32	1	(A)
Marinated Roast Chicken with Skin-O...	1 Serving	258	450	1875	22	25	1	(A)
Honey Roast Gammon with Skin-On ...	1 Serving	246	312	1306	25	21	4	(A)
Marinated Roast Quorn Fillet with Ski...	1 Serving	223	254	1063	24	11	2.4	(A)
Roast Pork & Stuffing Baguette	1 Serving	167	433	1824	51	33	2.9	(B)
Roast Chicken & Stuffing Baguette	1 Serving	177	383	1615	51	26	2.9	(B)
Hot Roast Gammon Baguette	1 Serving	192	368	1558	54	27	5.9	(C)
Wk 1 Thur			-	-	-	-	-	
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	(C)
Homemade Chicken & Leek Pie, mas...	1 Serving	285	534	2240	60	23	2.1	(B)
Chargrilled Cheeseburger with Sauce...	1 Serving	212	609	2544	47	27	4.5	(D)
Wk 1 Fri			-	-	-	-	-	
Hand Battered Fish And Chips	1 Serving	347	502	2124	90	22	0.7	(B)
Battered Fish with Chips	1 Serving	245	388	1628	46	15	1	(A)

Loaded Pizza Fries	1 Serving	255	422	1765	40	13	3.7	C
Wk 2 Mon			-	-	-	-	-	
Loaded Wedges with Cheese, Bacon ...	1 Serving	218	344	1440	36	13	2.5	B
Creamy Cajun Chicken Meatballs, Sp...	1 Serving	274	544	2284	69	21	6.5	B
Taco Beef Baked Burrito	1 Serving	187	446	1867	39	20	4.8	C
Wk 2 Tue			-	-	-	-	-	
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	C
Bangers with Bubble & Squeak & Oni...	1 Serving	388	593	2477	50	18	6	C
Hot Shot Chicken Parmo	1 Serving	225	479	2009	55	21	6.1	B
Wk 2 Wed			-	-	-	-	-	
Smothered Roasties with Pulled Chic...	1 Serving	243	382	1593	26	18	0.9	A
Wk 2 Thur			-	-	-	-	-	
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	C
Tex Mex Chicken & Jalapeno Cheese ...	1 Serving	241	370	1547	23	27	5.5	B
Salt & Pepper Chicken Flatbread with...	1 Serving	185	269	1133	33	21	2.9	A
Wk 2 Fri			-	-	-	-	-	
Hand Battered Fish And Chips	1 Serving	347	502	2124	90	22	0.7	B
Battered Fish with Chips	1 Serving	245	388	1628	46	15	1	A
Loaded Pizza Fries	1 Serving	255	422	1765	40	13	3.7	C
Wk 3 Mon			-	-	-	-	-	
Loaded Wedges with Cheese, Bacon ...	1 Serving	218	344	1440	36	13	2.5	B
Singapore Black Pepper Chicken with...	1 Serving	267	622	2614	72	29	13	B
Grilled Hunters BBQ Chicken Sub Roll	1 Serving	190	383	1619	56	26	8.1	B
Wk 3 Tue			-	-	-	-	-	
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	C
Cheesy Fajita Beef Pasta Bake	1 Serving	330	654	2746	73	32	11	B
Portuguese Chicken Tasca Flatbread	1 Serving	265	489	2064	69	27	3.7	B
Wk 3 Wed			-	-	-	-	-	
Smothered Roasties with Pulled Chic...	1 Serving	243	382	1593	26	18	0.9	A
Wk 3 Thur			-	-	-	-	-	

Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	C
Indian Mixed Grill	1 Serving	217	368	1538	27	22	3.5	A
Choripan with Chimmichurri Salsa	1 Serving	161	524	2191	52	17	3.7	D
Wk 3 Fri			-	-	-	-	-	
Hand Battered Fish And Chips	1 Serving	347	502	2124	90	22	0.7	B
Battered Fish with Chips	1 Serving	245	388	1628	46	15	1	A
Loaded Pizza Fries	1 Serving	255	422	1765	40	13	3.7	C

TOTALS:								
AVERAGES:		1056	4428	48	19.6	3.6		