

Menu

↳ Boxt 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			13088469	55527532	2748893	357885.9	34943.1	
Panang Coconut Red Pork / Chicken ...	1 Serving	405	596	2507	82	24	4.7	(B)
Smoky Chicken & Pepper Chimichurr...	1 Serving	169	353	1481	30	23	2.4	(B)
Tugo Noodles	1 bag	12000	41508	176199	8448	1575	216	
Tugo Rice 15KG	1 bag	15000	54030	229140	11565	1125	60	
Wk 1 Tue			1008	4257	175	31.1	27.2	
BOXT Tonkatsu sauce & Noodles	1 Serving	180	333	1412	68	12	8.4	(B)
Crispy Onion Bhaji with Beetroot Man...	1 Serving	144	285	1194	37	6.6	8.4	(C)
Wk 1 Wed			2842	12024	405	199	75.2	
Hot Honey Chilli Chicken with Tomat...	1 Serving	322	518	2193	73	42	17	(A)
Mexican Chicken Hot Buddha Bowl	1 Serving	320	367	1550	53	20	6.3	(A)
Wk 1 Thur			3304	13884	344	182.4	56.2	
Halal Blackbean Chicken with Green ...	1 Serving	260	449	1889	53	26	9.2	(B)
Blackbean Pork with Green Peppers ...	1 Serving	270	524	2201	53	28	9.2	(C)
Turkish Beef Kofte Kebab with Tomat...	1 Serving	192	376	1577	33	20	3.9	(B)
Wk 1 Fri			5401	22637	670	146	139.9	
Sweet Chilli & Soy Glazed Vegetable ...	1 Serving	299	656	2754	88	17	18	(B)
Salt & Pepper Loaded Fries	1 Serving	224	387	1622	54	3.8	25	(C)
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)
Loaded Pizza Fries	1 Serving	270	471	1965	41	16	3.9	(C)
Wk 2 Mon			2812	11831	362	122.8	72.5	
Mongolian Spicy Beef & Vegetable St...	1 Serving	361	568	2392	77	26	17	(B)
Katsu Chicken Wrap with Asian Slaw ...	1 Serving	180	424	1778	47	16	6.4	(B)
Wk 2 Tue			1400	5889	210	43.5	29.2	
Sweet & Sour Vegetable Noodle Pot	1 Serving	160	327	1379	55	8.7	12	(B)
3 Cheese Jalapeno Popper Baguette ...	1 Serving	185	474	1991	66	16	5.4	(C)
Wk 2 Wed			2593	10924	349	132	27.1	
Nut Free Chicken Satay, Sticky Rice ...	1 Serving	327	399	1681	54	22	2.2	(A)
Greek Chicken Hot Buddha Bowl	1 Serving	301	428	1803	57	20	6.6	(A)
Wk 2 Thur			2425	10218	330	124	49.9	
Chinese BBQ Chicken with Noodles	1 Serving	260	499	2101	65	29	8.4	(B)
Sticky Asian Chicken Meatball Banh Mi	1 Serving	234	482	2032	69	21	12	(B)
Wk 2 Fri			1263	5329	214	43	14.2	
Singapore Noodles with Vegetable S...	1 Serving	268	472	1992	80	16	5.3	(B)
Wk 3 Mon			3681	15483	469	177	53.9	

Thai Red Chicken Meatball Curry wit...	1 Serving	252	564	2370	71	23	6.6	(B)
Thai Red Quorn Meatball Curry with ...	1 Serving	252	519	2185	69	24	7.2	(B)
Sticky Korean Chicken Cheesy Melt	1 Serving	200	474	1995	58	29	9.5	(C)
Wk 3 Tue			1617	6802	202	75.8	24.9	
Katsu Chicken with Steamed Rice & ...	1 Serving	228	420	1770	61	17	4.9	(B)
Buffalo Chicken Slider & Ranch Slaw	1 Serving	185	356	1495	34	20	7.4	(B)
Wk 3 Wed			1885	7962	271	106	40.2	
BOXT Teriyaki Chicken	1 Serving	197	423	1789	65	25	8	(B)
Caribbean Jerk Chicken Hot Buddha ...	1 Serving	318	331	1397	45	18	7.7	(A)
Wk 3 Thur			3488	14612	383	112.6	40.8	
BOXT Tonkatsu sauce & Noodles	1 Serving	180	333	1412	68	12	8.4	(B)
Jalapeno Nacho Dog with Cheese & S...	1 Serving	314	920	3844	83	29	8.2	(D)
Wk 3 Fri			1700	7134	228	41	38.5	
Oriental BBQ Vegetable Stir Fry Nood...	1 Serving	275	618	2594	83	15	14	(C)

TOTALS:	13123889	55676518	21965	3345	559	
AVERAGES:	374968	1590758	628	96	16	