

Menu

↳ All Through Sept 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
WK 1 Mon								
Hand Stretched Margherita Personal Pizza	1 Serving	246	544	2290	77	22	5	(B)
Hand Stretched Sweetcorn Personal Pizza	1 Serving	276	564	2372	79	23	5.6	(B)
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5	(B)
Chinese BBQ Noodles	1 Serving	342	368	1553	63	15	9.8	(B)
BBQ Bacon & Ranch BLT	1 Serving	235	512	2150	58	23	10	(B)
Steamed Seasonal Vegetables	1 Serving	80	41	172	5.3	2.5	3.4	(B)
Jacket Potato	1 Serving	300	245	1038	52	6	1.8	(B)
Jacket Potato with Baked Beans	1 Serving	400	418	1756	64	10	7.9	(B)
Jacket Potato with Tuna & Mayo	1 Serving	395	462	1940	53	22	2.5	(B)
Jacket Potato with Cheese	1 Serving	350	500	2092	53	16	1.8	(B)
Jacket Potato with Baked Beans & Cheese	1 Serving	395	541	2267	58	18	4.9	(B)
Meal Subtotals:								
Meal Averages:			389	1634	52	14.5	4.8	
WK 1 Tue								
Meatball Marinara with Steamed Rice	1 Serving	386	469	1976	72	19	6.5	(B)
Macaroni Cheese with Green Salad & Garl...	1 Serving	344	757	3168	76	29	10	(B)
Steamed Seasonal Vegetables	1 Serving	80	41	172	5.3	2.5	3.4	(B)
Nacho Chilli Cheese Chicken Pasty	1 Serving	186	445	1862	34	22	12	(B)
Meal Subtotals:								
Meal Averages:			428	1795	47	18.1	8	
WK 1 Wed								
Marinated Roast Chicken Thigh with New ...	1 Serving	408	526	2206	35	42	4.8	(B)
Plant Based Sausages with New Potatoes...	1 Serving	353	535	2229	42	19	3.9	(B)
Steamed Seasonal Vegetables	1 Serving	80	41	172	5.3	2.5	3.4	(B)
Chicken Shawarma Hot Buddha Bowl	1 Serving	307	486	2040	54	23	3.9	(B)
Meal Subtotals:								
Meal Averages:			397	1662	34.1	21.6	4	
WK 1 Thur								
Beef Chilli Con Carne, Nacho Crumb, Mix...	1 Serving	443	452	1907	64	22	5	(B)
Hearty Tomato & Herb Pasta Bake with G...	1 Serving	333	380	1603	66	12	7.6	(B)
Steamed Seasonal Vegetables	1 Serving	80	41	172	5.3	2.5	3.4	(B)
American Beef Cheese steak Baguette wi...	1 Serving	206	506	2126	57	29	5.2	(B)
Meal Subtotals:								
Meal Averages:			345	1452	48	16.4	5.3	
WK 1 Fri								
Battered Fish with Chips	1 Serving	245	397	1663	46	15	1.6	(B)

Fishless Fingers & Chips	1 Serving	232	439	1839	54	12	2.4	(B)	
Crispy Crumbed Vegetable Burger with c...	1 Serving	359	599	2516	88	15	5.8	(B)	
Cheesy Butternut Squash Sausage Roll & ...	1 Serving	306	491	2056	54	14	6	(B)	
Garden peas	1 Serving	80	76	318	8.8	5.5	1.8	(B)	
Loaded Pizza Fries	1 Serving	255	441	1843	40	15	4.4	(B)	
Salt & Pepper Loaded Fries	1 Serving	224	396	1657	54	3.8	26	(B)	
Meal Subtotals:									
Meal Averages:					406	1699	49	11.5	6.9
WK 2 Mon									
Hand Stretched Margherita Personal Pizza	1 Serving	246	544	2290	77	22	5	(B)	
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5	(B)	
Authentic Vegetable Curry with Wholegra...	1 Serving	308	318	1344	57	8.5	5.3	(B)	
Steamed Seasonal Vegetables	1 Serving	80	41	172	5.3	2.5	3.4	(B)	
Hunters Chicken Folded Wrap	1 Serving	233	554	2329	65	28	5.2	(B)	
Meal Subtotals:									
Meal Averages:					308	1295	42	12.6	3.9
WK 2 Tue									
Beef Bolognese Pasta Bake with Garlic Sl...	1 Serving	298	482	2030	61	27	6.7	(B)	
Vegetarian Shepherdess Pie	1 Serving	251	322	1349	33	17	5.7	(B)	
Steamed Seasonal Vegetables	1 Serving	80	41	172	5.3	2.5	3.4	(B)	
Mixed Salad	1 Serving	90	16	67	2.4	0.7	2.2	(B)	
Chicken Tikka Naan Wrap Pot	1 Serving	242	633	2655	78	21	3.1	(B)	
Meal Subtotals:									
Meal Averages:					299	1255	35.9	13.6	4.2
WK 2 Wed									
Roast Chicken Fillet Burger with Wedges	1 Serving	308	483	2032	57	34	3.4	(B)	
Plant Based Burger with Wedges	1 Serving	305	616	2585	69	31	5.3	(B)	
Salmon & Sweet Potato Fish Cake with W...	1 Serving	250	394	1651	52	11	3.5	(B)	
Steamed Seasonal Vegetables	1 Serving	80	41	172	5.3	2.5	3.4	(B)	
Chargrilled Cheeseburger with Sauce Sel...	1 Serving	212	517	2167	48	25	4.7	(B)	
Meal Subtotals:									
Meal Averages:					410	1721	46	20.7	4.1
WK 2 Thur									
Oven Baked Sausages with Caramelised ...	1 Serving	396	478	1996	42	20	5.1	(B)	
Oven Baked Vegetarian Sausages with M...	1 Serving	296	363	1519	40	17	3.1	(B)	
Steamed Seasonal Vegetables	1 Serving	80	41	172	5.3	2.5	3.4	(B)	
Nut Free Satay Chicken Bowl, Coconut Ri...	1 Serving	362	475	2000	63	22	10	(B)	
Meal Subtotals:									
Meal Averages:					339	1422	37.6	15.4	5.4
WK 2 Fri									
Battered Fish with Chips	1 Serving	245	397	1663	46	15	1.6	(B)	
Crispy Quorn Dippers with Chips	1 Serving	210	321	1346	35	14	1.9	(B)	

Garden peas	1 Serving	80	76	318	8.8	5.5	1.8	(B)
Meal Subtotals:								
Meal Averages:			265	1109	29.9	11.5	1.8	
WK 3 Mon								
Hand Stretched Margherita Personal Pizza	1 Serving	246	544	2290	77	22	5	(B)
Hand Stretched Pineapple Personal Pizza	1 Serving	266	555	2338	79	22	7.4	(B)
Mushroom Carbonara Pasta	1 Serving	407	410	1728	60	17	9	(B)
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5	(B)
Mixed Salad	1 Serving	90	16	67	2.4	0.7	2.2	(B)
Steamed Seasonal Vegetables	1 Serving	80	41	172	5.3	2.5	3.4	(B)
Toasted Sourdough Reuban Sandwich	1 Serving	203	452	1899	50	22	5.4	(B)
Meal Subtotals:								
Meal Averages:			300	1262	40	12.6	4.7	
WK 3 Tue								
All Day Breakfast Pot - with egg	1 Serving	262	388	1620	25	24	7.6	(B)
All Day Breakfast Pot - Halal	1 Serving	271	421	1762	42	16	6.1	(B)
Traditional All Day Vegetarian Breakfast	1 Serving	219	256	1070	23	13	5.8	(B)
Steamed Seasonal Vegetables	1 Serving	80	41	172	5.3	2.5	3.4	(B)
Crispy Chicken Stack Burger	1 Serving	228	497	2085	61	19	4.8	(B)
Meal Subtotals:								
Meal Averages:			321	1342	31.3	14.9	5.5	
WK 3 Wed								
Marinated Roast Chicken Thigh with New ...	1 Serving	408	526	2206	35	42	4.8	(B)
Marinated Roast Quorn Fillet with New Po...	1 Serving	303	273	1150	39	13	3	(B)
Steamed Seasonal Vegetables	1 Serving	80	41	172	5.3	2.5	3.4	(B)
Greek Chicken Orzo Bowl with Roasted V...	1 Serving	301	456	1913	48	23	5.1	(B)
Meal Subtotals:								
Meal Averages:			324	1360	31.8	20.1	4.1	
WK 3 Thur								
Mild Vegetable Keema Curry with Steame...	1 Serving	241	574	2406	66	19	7.1	(B)
Spanish Chicken & Tomato Rice	1 Serving	321	583	2444	61	25	6.2	(B)
Steamed Seasonal Vegetables	1 Serving	80	41	172	5.3	2.5	3.4	(B)
BBQ Meatball & Cheese Hotpocket Turno...	1 Serving	177	466	1947	35	19	7.3	(B)
Meal Subtotals:								
Meal Averages:			416	1742	42	16.4	6	
WK 3 Fri								
Battered Fish with Chips	1 Serving	245	397	1663	46	15	1.6	(B)
Fishless Fingers & Chips	1 Serving	232	439	1839	54	12	2.4	(B)
Mixed Bean Enchilada & Chips	1 Serving	372	424	1783	67	11	9.5	(B)
Garden peas	1 Serving	80	76	318	8.8	5.5	1.8	(B)
Loaded Fries with Cheese, Bacon & Salsa	1 Serving	228	365	1528	37	14	2.7	(B)
Meal Subtotals:								
Meal Averages:			340	1426	43	11.5	3.6	

TOTALS:						
AVERAGES:	356	1493	42	15.1	4.9	