

# Menu

↳ 6th Form



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g	Nutri-Score
<b>Week 1 Mon</b>								
Loaded Wedges with Cheese, Bacon ...	1 Serving	218	344	1440	36	13	2.5	(B)
Slow Cooked Pasta Bolognese.	1 Serving	274	467	1962	53	24	6.6	(A)
Crispy Chicken Wrap with BBQ Sauce	1 Serving	186	436	1834	56	17	7.7	(B)
Halal Crispy Chicken Wrap with BBQ ...	1 Serving	184	399	1676	51	13	7.7	(C)
Crispy Quorn Dipper Wrap with BBQ ...	1 Serving	178	355	1490	44	15	7.1	(A)
<b>Week 1 Tue</b>								
Hot Topped Nacho Pot with Salsa & S...	1 Serving	150	502	2100	55	11	4.2	(C)
Texan BBQ Chicken Burger & Wedges	1 Serving	268	524	2205	72	19	7.4	(B)
Red Slaw	1 Serving	80	54	228	12	0.7	10	(C)
Bombay Pasty (V)	1 Serving	248	484	2027	54	14	4.5	(B)
<b>Week 1 Wed</b>								
Smothered Roasties with Pulled Chic...	1 Serving	243	382	1593	26	18	0.9	(A)
Slow Roast Chicken with Roast Potat...	1 Serving	252	406	1693	22	25	1	(A)
Slow Roast Pork with Skin-On Roast ...	1 Serving	219	379	1587	21	29	0.8	(A)
Roast Pork & Stuffing Bap	1 Serving	167	390	1638	35	33	2.2	(A)
Roast Chicken & Stuffing Bap	1 Serving	177	340	1429	35	25	2.2	(A)
<b>Week 1 Thur</b>								
Hot Topped Nacho Pot with Salsa & S...	1 Serving	150	502	2100	55	11	4.2	(C)
Sweet and Sour Battered Chicken wit...	1 Serving	242	452	1903	65	16	9.4	(B)
Baked Sausages with Caramelised O...	1 Serving	396	552	2301	44	18	5.3	(C)
<b>Week 1 Fri</b>								
Loaded Fries with Cheese, Bacon & S...	1 Serving	228	352	1477	37	14	1.9	(B)
Breaded Scampi Bites & Chips	1 Serving	210	253	1070	46	9.3	2.8	(B)
Spicy Bean Burger in a Soft Bap & Ch...	1 Serving	316	578	2434	90	17	8.3	(A)
<b>Week 2 Mon</b>								
Loaded Wedges with Cheese, Bacon ...	1 Serving	218	344	1440	36	13	2.5	(B)
Gaeng Daeng (Thai Red Chicken Curry)	1 Serving	211	470	1970	50	21	4.1	(B)
Crispy Chicken Wrap with Cool Mayo	1 Serving	186	466	1952	51	17	3.2	(B)
Halal Crispy Chicken Wrap with Cool ...	1 Serving	184	458	1917	46	16	3.7	(B)
Crispy Quorn Dipper Wrap with Cool ...	1 Serving	178	384	1608	39	15	2.6	(A)
<b>Week 2 Tue</b>								
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	(C)
BBQ Pulled Pork or Chicken with Caj...	1 Serving	232	366	1536	33	28	6.1	(A)
Tandoori Chicken & Lentil Kati Wrap ...	1 Serving	239	481	2023	62	20	5.4	(A)
<b>Week 2 Wed</b>								
Smothered Roasties with Pulled Chic...	1 Serving	243	382	1593	26	18	0.9	(A)
Marinated Roast Chicken, Roast Pota...	1 Serving	239	308	1292	22	24	0.9	(A)
Roast Chicken & Stuffing Bap	1 Serving	177	340	1429	35	25	2.2	(A)
<b>Week 2 Thur</b>								
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	(C)

Greek Crispy Chicken Gyros & Tzatziki	1 Serving	229	373	1564	35	23	4.4	(A)
Sweet Chilli Glazed Sausage & Peppe...	1 Serving	274	730	3058	80	23	17	(D)
Week 2 Fri		-	-	-	-	-	-	
Loaded Fries with Cheese, Bacon & S...	1 Serving	228	352	1477	37	14	1.9	(B)
Battered Fish with Chips	1 Serving	245	388	1628	46	15	1	(A)
Jumbo Sausage with Chunky Chips	1 Serving	234	522	2178	42	17	1.6	(D)
Week 3 Mon		-	-	-	-	-	-	
Loaded Wedges with Cheese, Bacon ...	1 Serving	218	344	1440	36	13	2.5	(B)
Turkish Beef Kofte Kebab with Tomat...	1 Serving	192	376	1576	33	20	3.9	(B)
Crispy Chicken Wrap with Peri Peri S...	1 Serving	186	431	1810	50	17	2.8	(B)
Halal Crispy Chicken Wrap with Peri ...	1 Serving	184	394	1652	45	13	2.8	(C)
Crispy Quorn Dipper Wrap with Peri P...	1 Serving	134	210	877	14	11	1.1	(A)
Week 3 Tue		-	-	-	-	-	-	
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	(C)
Mexican Pork & Bean Soft Taco, Red ...	1 Serving	314	689	2894	91	23	9.4	(B)
Roasted Vegetable Personal Calzone	1 Serving	251	496	2089	69	19	2.8	(C)
Week 3 Wed		-	-	-	-	-	-	
Smothered Roasties with Pulled Chic...	1 Serving	243	382	1593	26	18	0.9	(A)
Marinated Roast Chicken, Roast Pota...	1 Serving	239	308	1292	22	24	0.9	(A)
Roast Chicken & Stuffing Bap	1 Serving	177	340	1429	35	25	2.2	(A)
Week 3 Thur		-	-	-	-	-	-	
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	(C)
Singapore Black Pepper Chicken wit...	1 Serving	277	636	2672	75	29	15	(B)
Chilli Cheese Dog with Choice of Sau...	1 Serving	279	746	3118	71	23	7.9	(D)
Week 3 Fri		-	-	-	-	-	-	
Loaded Fries with Cheese, Bacon & S...	1 Serving	228	352	1477	37	14	1.9	(B)
Battered Fish with Chips	1 Serving	245	388	1628	46	15	1	(A)
Vegan Sausage Roll with Chunky Chips	1 Serving	240	530	2219	59	13	1.6	(C)

TOTALS:								
AVERAGES:	961	4030	46	17.6	4.2			