

Menu

↳ Casa 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			6406	26942	298.7	788.9	92.2	
Piri Piri Chicken Leg with Spiced Ric...	1 Serving	652	742	3126	34	101	11	(A)
Smoky Chicken & Pepper Chimichurr...	1 Serving	169	353	1481	30	23	2.4	(B)
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	(C)
Wk 1 Tue			2384	10016	231.3	159.5	35.5	
One Pot Jollof Rice with West African...	1 Serving	322	352	1486	48	21	3.5	(A)
Crispy Onion Bhaji with Beetroot Man...	1 Serving	144	285	1194	37	6.6	8.4	(C)
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	(B)
Wk 1 Wed			3956	16656	479	230	36.7	
Fajita Chicken Burrito & Spicy Potato...	1 Serving	331	562	2372	90	22	4.5	(A)
Mexican Chicken Hot Buddha Bowl	1 Serving	320	367	1550	53	20	6.3	(A)
Tandoori Chick 'n' Mix	1 Serving	233	394	1643	4.7	40	0.7	(B)
Wk 1 Thur			2679	11244	226	179.4	39.5	
Buffalo Chicken with Vegetable rice ...	1 Serving	237	426	1794	57	22	5	(B)
Turkish Beef Kofte Kebab with Tomat...	1 Serving	192	376	1577	33	20	3.9	(B)
Maple & Sweet Chilli Chicken Chick '...	1 Serving	233	406	1698	12	38	8.6	(B)
Wk 1 Fri			8232	34570	1085	309	84.5	
Texan BBQ Chicken Burger with Mexi...	1 Serving	337	608	2555	85	20	10	(A)
Hand Battered Peri Peri Fish with Chi...	1 Serving	365	540	2276	84	23	2	(A)
Nacho Loaded Fries	1 Serving	257	340	1426	40	12	3.6	(B)
Chilli Loaded Fries	1 Serving	331	398	1668	44	20	3.5	(A)
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)
Louisiana Voodoo Fries	1 Serving	192	374	1560	35	9.2	1.7	(C)
Wk 2 Mon			3468	14591	269	342.8	45.9	
Jerk Chicken Leg with Rice & Peas	1 Serving	341	496	2099	46	65	3.8	(A)
Katsu Chicken Wrap with Asian Slaw ...	1 Serving	180	424	1778	47	16	6.4	(B)
BBQ Chick 'n' Mix	1 Serving	233	436	1820	12	40	9.2	(C)
Wk 2 Tue			3794	15915	401.3	189.6	29.9	
Chill Beef Garlic butter Folded Wrap ...	1 Serving	324	640	2688	79	24	2.4	(B)
3 Cheese Jalapeno Popper Baguette ...	1 Serving	185	474	1991	66	16	5.4	(C)
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	(B)
Wk 2 Wed			3663	15373	354.7	219	48.8	
BBQ Chicken & Cheddar Quesadilla w...	1 Serving	285	493	2069	55	24	4.5	(B)
Greek Chicken Hot Buddha Bowl	1 Serving	301	428	1803	57	20	6.6	(A)

Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	C
Wk 2 Thur			3537	14867	340.7	250	57.9	
Piri Piri Chick 'n' Rice	1 Serving	314	508	2137	49	38	4.2	A
Sticky Asian Chicken Meatball Banh Mi	1 Serving	234	482	2032	69	21	12	B
Jerk Chick 'n' Mix	1 Serving	233	349	1459	11	35	7.1	B
Wk 2 Fri			3257	13653	362	141	45.5	
Charred Lemon & Herb Chicken Burg...	1 Serving	346	531	2236	73	28	9.3	A
Baked Cajun Cod Taco with Crunchy ...	1 Serving	175	400	1665	24	15	5.7	B
Louisiana Voodoo Fries	1 Serving	192	374	1560	35	9.2	1.7	C
Wk 3 Mon			3135	13202	214.3	365	38.6	
Firecracker Chicken Leg with Dirty Ri...	1 Serving	357	377	1597	21	63	2.1	A
Sticky Korean Chicken Cheesy Melt	1 Serving	200	474	1995	58	29	9.5	C
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	B
Wk 3 Tue			3793	15906	374.7	200	59.3	
Mexican Pork or Chicken & Bean Soft...	1 Serving	314	689	2894	91	23	9.4	B
Buffalo Chicken Slider & Ranch Slaw	1 Serving	185	356	1495	34	20	7.4	B
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	C
Wk 3 Wed			4330	18170	416	251	79.3	
Chilli Beef Enchilada with Mexican S...	1 Serving	336	672	2819	73	30	9.9	B
Caribbean Jerk Chicken Hot Buddha ...	1 Serving	318	331	1397	45	18	7.7	A
BBQ Chick 'n' Mix	1 Serving	233	436	1820	12	40	9.2	C
Wk 3 Thur			5777	24199	470	338	113.8	
Cajun Pulled Pork/ Chicken with Bost...	1 Serving	376	516	2171	48	42	18	B
Jalapeno Nacho Dog with Cheese & S...	1 Serving	314	920	3844	83	29	8.2	D
Maple & Sweet Chilli Chicken Chick '...	1 Serving	233	406	1698	12	38	8.6	B
Wk 3 Fri			6396	26895	755	318	83.1	
Peri Peri Chicken Thigh Burger With ...	1 Serving	438	722	3036	77	46	11	A
Battered Fish Burger with Selection o...	1 Serving	371	655	2756	90	23	8.3	B
Loaded Fries with Cheese, Bacon & S...	1 Serving	228	352	1477	37	14	1.9	B
TOTALS:			64809	272200	2134	1405	310	
AVERAGES:			1323	5555	44	28.7	6.3	

Menu

↪ IK 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			2367	9966	315	106.7	16.3	
Three Cheese Margherita Personal P...	1 Serving	206	489	2062	74	19	3.2	(C)
TUGO Mac N Cheese Pasta Pot	1 Serving	180	425	1790	62	16	3.1	(B)
Smoky Chicken & Pepper Chimichurr...	1 Serving	169	353	1481	30	23	2.4	(B)
Wk 1 Tue			3644	15365	545	153.7	39.3	
Chicken & Sweetcorn Personal Pizza	1 Serving	256	518	2186	75	30	3.8	(B)
BOXT Carbonara Pasta Pot	1 Serving	180	396	1673	63	14	4.1	(B)
Crispy Onion Bhaji with Beetroot Man...	1 Serving	144	285	1194	37	6.6	8.4	(C)
Roast Vegetable & Mozzarella Barch...	1 Serving	246	487	2053	76	17	4.1	(B)
Wk 1 Wed			3869	16334	593	185.8	54.1	
Hand Stretched Personal Margherita ...	1 Serving	206	468	1974	73	21	3.2	(B)
Boxt Pepperonata Sauce	1 Serving	180	321	1361	63	11	5.8	(A)
Mexican Chicken Hot Buddha Bowl	1 Serving	320	367	1550	53	20	6.3	(A)
Mexican Tofu Hot Buddha Bowl	1 Serving	313	369	1555	51	19	5.4	(A)
Wk 1 Thur			3623	15257	508	139.8	53.3	
Hot Honey Drizzle Pepperoni Person...	1 Serving	236	543	2283	75	22	9.9	(C)
BOXT Herby Tomato Sauce	1 Serving	180	343	1454	65	11	6.5	(A)
Creamy Cauli Mac 'n' Cheese 'n' Peas	1 Serving	270	373	1571	56	11	4	(B)
Turkish Beef Kofte Kebab with Tomat...	1 Serving	192	376	1577	33	20	3.9	(B)
Wk 1 Fri			4111	17193	408	158.7	29.7	
Loaded Fries with Cheese, Bacon & S...	1 Serving	228	352	1477	37	14	1.9	(B)
Chilli Loaded Fries	1 Serving	331	398	1668	44	20	3.5	(A)
Loaded Pizza Fries	1 Serving	270	471	1965	41	16	3.9	(C)
Louisiana Voodoo Fries	1 Serving	192	374	1560	35	9.2	1.7	(C)
Wk 2 Mon			3169	13354	489	119.3	45.1	
Chilli Cheese Personal Pizza	1 Serving	226	476	2005	75	17	3.7	(C)
BOXT Bolognese Pasta Pot	1 Serving	180	396	1673	66	17	6.8	(A)
BOXT Ratatouille Pasta Pot	1 Serving	180	345	1459	65	12	7.3	(A)
Katsu Chicken Wrap with Asian Slaw ...	1 Serving	180	424	1778	47	16	6.4	(B)
Wk 2 Tue			3443	14518	514	146.4	41	
Hawaiian Personal Calzone	1 Serving	236	470	1981	69	22	3.4	(C)
BOXT Herby Tomato Sauce	1 Serving	180	343	1454	65	11	6.5	(A)
3 Cheese Jalapeno Popper Baguette ...	1 Serving	185	474	1991	66	16	5.4	(C)
Danish Vegetable Meatball Marinara	1 Serving	195	432	1822	58	23	5.8	(B)
Wk 2 Wed			4487	18893	629	196.8	51.1	

Roasted Pepper & Red Onion Person...	1 Serving	246	482	2033	76	21	5.3	(B)
TUGO Mac N Cheese Pasta Pot	1 Serving	180	425	1790	62	16	3.1	(B)
Greek Chicken Hot Buddha Bowl	1 Serving	301	428	1803	57	20	6.6	(A)
Greek Tofu Hot Buddha Bowl	1 Serving	293	427	1793	54	19	4.3	(A)
Wk 2 Thur			3002	12662	451	123.2	44	
Chicken Chilli Personal Pizza	1 Serving	236	493	2079	75	21	3.6	(B)
BOXT Carbonara Pasta Pot	1 Serving	180	396	1673	63	14	4.1	(B)
Sticky Asian Chicken Meatball Banh Mi	1 Serving	234	482	2032	69	21	12	(B)
Wk 2 Fri			718	2995	67	17.7	3.3	
Louisiana Voodoo Fries	1 Serving	192	374	1560	35	9.2	1.7	(C)
Wk 3 Mon			2876	12133	420	143	44.3	
Three Cheese Margherita Personal P...	1 Serving	206	489	2062	74	19	3.2	(C)
Rich Italian Style Pasta Bolognese VE	1 Serving	288	321	1358	53	16	6.5	(A)
Sticky Korean Chicken Cheesy Melt	1 Serving	200	474	1995	58	29	9.5	(C)
Wk 3 Tue			3334	14062	499	157	45.3	
Meat Feast Personal Pizza	1 Serving	235	529	2231	73	26	3.3	(B)
Boxt Pepperonata Sauce	1 Serving	180	321	1361	63	11	5.8	(A)
Creamy Roast Tomato & Cannellini B...	1 Serving	245	349	1474	62	16	5.5	(A)
Buffalo Chicken Slider & Ranch Slaw	1 Serving	185	356	1495	34	20	7.4	(B)
Wk 3 Wed			4861	20482	691	214.9	77.3	
Chicken Chilli Personal Pizza	1 Serving	236	493	2079	75	21	3.6	(B)
TUGO Mac N Cheese Pasta Pot	1 Serving	180	425	1790	62	16	3.1	(B)
Planet-Powered Pea & Pesto Pasta	1 Serving	238	343	1442	48	11	3.7	(A)
Caribbean Jerk Chicken Hot Buddha ...	1 Serving	318	331	1397	45	18	7.7	(A)
Caribbean Jerk Tofu Hot Buddha Bow...	1 Serving	315	339	1427	46	17	9.5	(A)
Wk 3 Thur			6602	27739	824	254.2	65.3	
Pepperoni & Roasted Red Onion Pers...	1 Serving	241	524	2209	75	24	4.5	(B)
Boxt Meatball Marinara	1 Serving	180	366	1548	65	14	6.2	(A)
Jalapeno Nacho Dog with Cheese & S...	1 Serving	314	920	3844	83	29	8.2	(D)
Plant Based Chilli Cheese Quesadilla ...	1 Serving	309	581	2451	86	26	5.7	(A)
Wk 3 Fri			2643	11063	305	85.3	34.8	
Loaded Pizza Fries	1 Serving	270	471	1965	41	16	3.9	(C)
Nacho Loaded Fries	1 Serving	257	340	1426	40	12	3.6	(B)
Asian Loaded Fries (V)	1 Serving	213	234	986	43	5.4	7.1	(C)

TOTALS:	52750	222020	3171	941	279	
AVERAGES:	977	4111	59	17.4	5.2	

Menu

↳ SK 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			2754	11558	315	117	39.6	
Slow Cooked BBQ Beef Chill with Ric...	1 Serving	258	549	2297	56	20	8.5	(B)
Mac 'n' Cheese with Garlic Slice	1 Serving	368	769	3223	77	31	13	(C)
Cheesy Chilli Mixed Beans on Baked ...	1 Serving	255	487	2050	70	19	11	(B)
Smoky Chicken & Pepper Chimichurr...	1 Serving	169	353	1481	30	23	2.4	(B)
Panang Coconut Red Pork / Chicken ...	1 Serving	405	596	2507	82	24	4.7	(B)
Wk 1 Tue			2861	12014	346	114.6	52.9	
Crispy Chicken Burger with Mediterr...	1 Serving	293	512	2148	62	19	4.7	(A)
Sweet Chilli roast Pepper & Feta Pitta...	1 Serving	140	378	1584	43	10	13	(D)
Sweet Chilli Salmon, roast Pepper & ...	1 Serving	220	489	2052	43	29	13	(C)
Crispy Onion Bhaji with Beetroot Man...	1 Serving	144	285	1194	37	6.6	8.4	(C)
Roasted Vegetable Hot Pot Pie	1 Serving	235	359	1500	38	11	6.5	(B)
Roast Vegetable & Mozzarella Barch...	1 Serving	246	486	2050	75	18	3.8	(B)
One Pot Jollof Rice with West African...	1 Serving	322	352	1486	48	21	3.5	(A)
Wk 1 Wed			3053	12810	308	165	31.5	
Marinated Roast Chicken Thigh with ...	1 Serving	298	452	1891	22	39	1	(A)
Marinated Roast Quorn Fillet with Ski...	1 Serving	223	254	1063	24	11	2.4	(A)
Slow Roast Pork with Skin-On Roast ...	1 Serving	254	393	1648	26	32	1	(A)
Cheesy Broccoli & Stuffing Pinwheel ...	1 Serving	363	701	2921	53	18	7	(B)
Mexican Chicken Hot Buddha Bowl	1 Serving	320	367	1550	53	20	6.3	(A)
Mexican Tofu Hot Buddha Bowl	1 Serving	313	369	1555	51	19	5.4	(A)
Hot Honey Chilli Chicken, Rice, Flatbr...	1 Serving	264	517	2182	79	26	8.4	(A)
Wk 1 Thur			2151	9043	220	139	30.1	
Crispy Garlic & Herb Chicken Thigh w...	1 Serving	329	353	1489	17	50	0.6	(A)
Creole Vegetable Jambalaya	1 Serving	389	449	1887	64	15	7.2	(B)
Turkish Beef Kofte Kebab with Tomat...	1 Serving	192	376	1577	33	20	3.9	(B)
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)
Wk 1 Fri			2518	10570	316	89	28.8	
Hand Battered Fish And Chips	1 Serving	364	470	1989	81	25	0.5	(B)
Battered Fish with Chips	1 Serving	245	388	1628	46	15	1	(A)
Cajun Spiced Mushroom Burger with ...	1 Serving	336	535	2238	61	14	5.8	(A)
Loaded Pizza Fries	1 Serving	270	469	1961	40	18	3.5	(C)
Sweet Chilli & Soy Glazed Vegetable ...	1 Serving	299	656	2754	88	17	18	(B)

Wk 2 Mon			2423	10175	296	102	43.7	
Chicken & Pepperoni Pasta Bake with...	1 Serving	277	632	2656	73	33	6.4	(B)
Pesto Pinwheel Bolognese Ragout & ...	1 Serving	471	440	1849	61	16	7.4	(A)
Roasted Vegetable Hot Pot Pie	1 Serving	235	359	1500	38	11	6.5	(B)
Katsu Chicken Wrap with Asian Slaw ...	1 Serving	180	424	1778	47	16	6.4	(B)
Mongolian Spicy Beef & Vegetable St...	1 Serving	361	568	2392	77	26	17	(B)
Wk 2 Tue			3262	13716	431	125.4	50.3	
Chill Beef Garlic butter Folded Wrap ...	1 Serving	324	640	2688	79	24	2.4	(B)
Margherita Pasta Bake with Garlic Sli...	1 Serving	254	540	2271	73	21	7.9	(B)
Caribbean Chickpea & Sweet Potato ...	1 Serving	243	414	1745	70	9.4	14	(B)
The Dolce Gardeners Brunch	1 Serving	230	314	1312	21	17	6.4	(A)
3 Cheese Jalapeno Popper Baguette ...	1 Serving	185	474	1994	66	15	5.4	(C)
Danish Vegetable Meatball Marinara	1 Serving	195	432	1822	58	23	5.8	(B)
Sweet and Sour Battered Chicken wit...	1 Serving	232	448	1884	64	16	8.4	(B)
Wk 2 Wed			3490	14641	358	183	45	
Marinated Roast Chicken Thigh with ...	1 Serving	298	452	1891	22	39	1	(A)
Slow Roast Pork with Skin-On Roast ...	1 Serving	254	393	1648	26	32	1	(A)
Cauliflower Cheese Yorkie, Roast Pot...	1 Serving	431	546	2286	57	22	9.1	(B)
Greek Chicken Hot Buddha Bowl	1 Serving	301	428	1803	57	20	6.6	(A)
Greek Tofu Hot Buddha Bowl	1 Serving	293	427	1793	54	19	4.3	(A)
Baked Spanish Fish with Roast Pepp...	1 Serving	296	346	1447	24	18	3.8	(A)
Sweet Chilli & Soy Glazed Vegetable ...	1 Serving	248	499	2092	64	11	17	(C)
Nut Free Chicken Satay, Sticky Rice ...	1 Serving	327	399	1681	54	22	2.2	(A)
Wk 2 Thur			2356	9909	326	81.4	52.7	
Creamy Paprika Chicken With Rice	1 Serving	203	412	1736	58	22	3.4	(A)
Slow Roasted Tomato & Basil Pasta ...	1 Serving	324	529	2220	63	17	8.3	(B)
Caribbean Chickpea & Sweet Potato ...	1 Serving	243	414	1745	70	9.4	14	(B)
Sticky Asian Chicken Meatball Banh Mi	1 Serving	234	482	2032	69	21	12	(B)
Korean Vegetable Stir Fry with Fried ...	1 Serving	236	519	2176	66	12	15	(C)
Wk 2 Fri			2147	9035	308	77.3	19.2	
Hand Battered Fish And Chips	1 Serving	364	470	1989	81	25	0.5	(B)
Battered Fish with Chips	1 Serving	245	388	1628	46	15	1	(A)
Sweet Chilli Crispy Mac 'n' Cheese Bi...	1 Serving	250	458	1924	65	12	10	(B)
Louisiana Voodoo Fries	1 Serving	192	359	1502	36	9.3	2.4	(B)
Singapore Noodles with Vegetable S...	1 Serving	268	472	1992	80	16	5.3	(B)
Wk 3 Mon			3401	14296	433	153	50.8	
Beef Bolognese Pasta Bake with Garl...	1 Serving	298	549	2303	60	26	7.1	(A)
Pesto Pinwheel Bolognese Ragout & ...	1 Serving	471	440	1849	61	16	7.4	(A)
Piri Piri Tofu with Dirty Rice	1 Serving	234	407	1710	50	19	4.6	(A)

Sticky Korean Chicken Cheesy Melt	1 Serving	200	474	1995	58	29	9.5	C
Sweet and Sour Battered Chicken wit...	1 Serving	232	448	1884	64	16	8.4	B
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
Wk 3 Tue			3177	13358	400	151	49.5	
Chicken & Chickpea Tagine with Spic...	1 Serving	315	336	1405	28	20	4.3	A
Roasted Vegetable Dhansak with Fra...	1 Serving	401	553	2340	102	20	9.3	A
Marmite Mac & Cheese Pot	1 Serving	346	691	2896	70	29	12	C
Roasted Cod Dhansak with Fragrant ...	1 Serving	504	619	2619	102	36	9.3	A
Buffalo Chicken Slider & Ranch Slaw	1 Serving	221	440	1847	47	24	8.7	B
Chicken Saag with Coconut Rice & In...	1 Serving	312	538	2251	51	22	5.9	B
Wk 3 Wed			2482	10410	273	107.2	32.2	
Toad in the Hole with Skin-On Roast ...	1 Serving	339	703	2935	58	23	5.3	C
mashed potato	1 Serving	200	173	729	28	3.2	1	B
Plant Based Sausage Toad with Skin- ...	1 Serving	288	542	2263	43	25	2.8	A
Caribbean Jerk Chicken Hot Buddha ...	1 Serving	318	331	1397	45	18	7.7	A
Caribbean Jerk Tofu Hot Buddha Bow...	1 Serving	315	339	1427	46	17	9.5	A
Teriyaki Chicken Bao Bun with Kimch...	1 Serving	283	394	1659	53	21	5.9	A
Wk 3 Thur			2966	12456	341	131	45.1	
Cajun Pulled Pork/ Chicken with Bost...	1 Serving	376	516	2171	48	42	18	B
Slow Roasted Tomato & Basil Pasta ...	1 Serving	324	529	2220	63	17	8.3	B
Jalapeno Nacho Dog with Cheese & S...	1 Serving	314	920	3844	83	29	8.2	D
Plant Based Chilli Cheese Quesadilla ...	1 Serving	309	581	2451	86	26	5.7	A
Katsu Chicken with Steamed Rice & ...	1 Serving	228	420	1770	61	17	4.9	B
Wk 3 Fri			2514	10557	323	87	23.4	
Hand Battered Fish And Chips	1 Serving	364	470	1989	81	25	0.5	B
Battered Fish with Chips	1 Serving	245	388	1628	46	15	1	A
Crispy Falafel & Houmous Pitta pock...	1 Serving	300	569	2385	73	14	4.4	A
Loaded Pizza Fries	1 Serving	270	469	1961	40	18	3.5	C
Oriental BBQ Vegetable Stir Fry Nood...	1 Serving	275	618	2594	83	15	14	C

TOTALS:	121064	508586	4994	1823	595	
AVERAGES:	1376	5779	57	20.7	6.8	