

Menu

□ Street Kitchen



Name	Portion Name	Portion Size g	Energy kcal	Carbohydrate g	Protein g	Fat g	Sugars g
Week 1 Monday			2326	313	87	80	63
Italian Sausage & Tomato Pasta E	1 Serving	284	593	75	25.2	21.2	6.8
Vegetable Biryani, Curry Sauce &	1 Serving	267	504	84	11.5	13.6	11.9
Korean Chicken Japchae	1 Serving	220	415	52	25.1	12	7.4
Quorn Pad Thai with Rice Noodle:	1 Serving	210	397	48	15.1	16.2	3.4
Blueberry Swirl Cake With Custard	1 Serving	183	376	49	7.6	16.8	27.7
Broccoli	1 Serving	60	19.7	1.1	2.6	0.54	0.9
Carrots	1 Serving	60	22	4.7	0.36	0.18	4.4
Week 1 Tuesday			2872	376	114	102	57
Traditional Beef Cottage Pie with €	1 Serving	251	371	28.7	18.3	20.4	7.6
Plant Based Chilli & Rice Burrito E	1 Serving	263	482	91	13.4	7	6.8
Baked Katsu Chicken Fillet Burge	1 Serving	198	422	47	24.4	15.4	4
Crispy Vegetable Burger	1 Serving	208	455	64	11.3	17	5.4
Malaysian Chicken Curry with Bas	1 Serving	242	432	43	23.2	18.6	2.9
Coconut, Lentil & Chickpea Curry	1 Serving	234	364	63	15.3	5.5	4.6
Roasted Cauliflower	1 Serving	65	66	1.8	2.2	5.5	1.5
Garden peas	1 Serving	60	51	6.6	4.1	0.9	1.4
Popcorn & Sultana Bar	1 Serving	51	229	30.2	1.4	11.3	22.9
Week 1 Wednesday			2321	302	117	72	66
Roast Gammon , Gravy & Roas:	1 Serving	220	244	24.2	18.9	8	0.83
Roast Chicken with Gravy & Roas	1 Serving	254	299	33.2	29.8	5.3	0.47
Cauliflower Cheese Yorkie, Roast	1 Serving	409	560	57	23.6	26.3	8.1
Roast Chicken Giant Yorkie Wrap	1 Serving	247	451	62	27.6	10.6	2.2
Hoi Sin Vegetable & Noodle Stir F	1 Serving	186	391	77	11	4.4	23
Green Beans	1 Serving	53	13.2	1.7	1	0.27	1.2
Carrot & Swede Mash	1 Serving	56	16.7	3.6	0.36	0.08	3.4
Lemon & Lime Drizzle Cake	1 Serving	93	346	43	4.7	17.2	26.7
Week 1 Thursday			2406	282	118	90	55
Mild Chicken Korma with Steamec	1 Serving	264	445	64	26.4	9.3	6.1
Slow Roasted Tomato & Mozzarel	1 Serving	248	434	65	17.8	11.5	7.8

Cuban Sandwich	1 Serving	205	369	43	25.7	10.3	4.4
Hot Nachos topped with Beef Chil	1 Serving	288	485	34.1	20	29.8	4.6
Hot Nachos topped with Vegan Ch	1 Serving	285	395	39.4	18.6	18.2	6.8
Green Salad	1 Serving	43	5.1	0.8	0.29	0.08	0.62
Broccoli	1 Serving	60	19.7	1.1	2.6	0.54	0.9
Chocolate Fudge Cake With Choc	1 Serving	150	254	34.2	6.5	10.1	23.4
Week 1 Friday			2325	322	70	84	46
Battered Fish with Chunky Chips	1 Serving	245	395	46	14.8	16.7	1.2
Homemade Cheese & Potato Pie	1 Serving	348	782	81	23.1	41	2.6
Giant Cod Fish Finger Dog with T	1 Serving	10.1	22.1	2.4	0.84	1	0.33
Sweet Potato & Black Eyed Bean	1 Serving	321	457	92	15.4	2.9	11.3
Chips	1 Serving	120	154	25.2	2.6	4.7	0
Mushy Peas	1 Serving	40	48	7	4.1	0.37	0.62
Baked Beans	1 Serving	50	41	6.4	2.3	0.7	3.4
Apple & Pear Crumble with Custa	1 Serving	232	426	61	6.8	17	26
Week 2 Monday			3879	359	165	198	122
Jerk Pit Wings with Smoked Papri	1 Serving	555	999	51	64	60	29.5
Nasi Goreng Vegetarian	1 Serving	303	515	53	13.8	27.4	9.4
The Dolce Cheddar Burger with W	1 Serving	351	698	61	29.2	37.2	4.3
Meatball Marinara Sub	1 Serving	246	515	54	21.2	23.6	8
Meat Free Meatball Marinara Sub	1 Serving	316	584	61	28.9	25	9.3
Cajun Roasted Corn	1 Serving	66	84	5	2.1	6.1	1.3
Spiced Slaw	1 Serving	85	91	14.8	0.91	3.1	13.7
Frosted Carrot Cake	1 Serving	116	395	58	5	15.8	47
Week 2 Tuesday			2188	232	95	98	58
Oven Baked Pork Sausages with I	1 Serving	375	507	46	17.6	27.9	4.3
Oven Baked Vegetarian Sausages	1 Serving	361	380	38.7	14.6	18.6	4.6
Red Thai Chicken Noodles	1 Serving	188	327	38.9	26.3	7.3	2.6
Cajun Chicken & Wedges Pot with	1 Serving	230	350	24.8	18.9	19.4	2.2
Southern Fried Quorn Tacos with !	1 Serving	199	329	32.3	10.2	17.7	5.9
Carrots	1 Serving	60	22	4.7	0.36	0.18	4.4
Cabbage	1 Serving	65	18.5	2.5	1.4	0.33	2.5
Peach Cobbler with Custard	1 Serving	223	255	44	5.9	6.2	31.8
Week 2 Wednesday			2045	280	108	54	36.2
Roast Chicken with Stuffing, Roas	1 Serving	225	273	32.2	24.5	5.1	0.67

Tomato & Herb Glazed Quorn Fille	1 Serving	300	330	52	14.2	7.3	1.7
Marinated Roast Chicken Baguett	1 Serving	232	434	66	33.9	3.8	4.4
Slow Cooked Beef Chilli Con Carr	1 Serving	310	580	76	26.1	18.9	5.7
Roasted Squash	1 Serving	65	68	5	0.66	5.1	2.7
Garden peas	1 Serving	60	51	6.6	4.1	0.9	1.4
Jaffa Cake Muffin	1 Serving	96	309	42	5	13.5	19.7
Week 2 Thursday			2584	320	100	100	64
Lamb Pastitsio with Feta Cheese	1 Serving	233	452	49	23.8	18	7
Macaroni Cheese with Green Sala	1 Serving	344	750	76	28.6	36.8	10
Indian Tapas Pot with Mango Chu	1 Serving	177	390	55	7.3	15.9	13.1
Chicken Dhansak with Lemon & C	1 Serving	325	447	63	25.8	10.3	7.8
Spinach & Chickpea Jalfrezi with I	1 Serving	255	316	46	8.9	10.5	7.4
Mixed Salad	1 Serving	47	6.5	1.1	0.33	0.11	0.89
Green Beans	1 Serving	53	13.2	1.7	1	0.27	1.2
Forest Fruit Strudel & Custard	1 Serving	174	210	29.5	4.5	8.3	16.2
Week 2 Friday			2433	326	69	95	37.3
Breaded Fish with Chunky Chips	1 Serving	245	400	54	14.4	14.1	0.6
Vegan Sausage Roll with Chunky	1 Serving	300	591	72	14.2	27.3	2.5
Roasted Vegetable & Feta Toppec	1 Serving	280	481	59	15.9	20.1	3.6
Five Bean Jambalaya with Sour C	1 Serving	356	508	89	14.7	10.2	6.1
Garden peas	1 Serving	60	51	6.6	4.1	0.9	1.4
Baked Beans	1 Serving	50	41	6.4	2.3	0.7	3.4
Cranberry & White Chocolate Flaç	1 Serving	83	360	38.2	3.7	21.3	19.7
Week 3 Monday			2562	345	108	83	86
Spaghetti Carbonara with Garlic B	1 Serving	271	613	67	26.4	26.3	7.2
Vegetarian Shepherdess Pie	1 Serving	253	308	28.7	16.3	14.2	6.8
Chilli Beef & Rice Pot	1 Serving	265	425	58	21.8	11.6	5.3
Chicken in Black Bean Sauce with	1 Serving	254	442	62	21.2	12.2	12.7
Szechuan Vegetables with Corian	1 Serving	244	370	63	12.2	7.9	11.3
Green Beans	1 Serving	53	13.2	1.7	1	0.27	1.2
Sticky Toffee Pudding & Custard	1 Serving	230	392	65	9.1	10.8	41
Week 3 Tuesday			3459	353	132	169	78
Chicken Shawarma with Flatbreac	1 Serving	303	412	40	26.7	15.9	7.5
Roasted Vegetable & Mozzarella I	1 Serving	272	400	48	14.3	16.7	13.2

Posh Dog with Sauce Selection	1 Serving	229	637	61	21.4	34.1	9.4
Jerk Chicken Drumsticks with Rice	1 Serving	375	929	54	49	57	7.6
Caribbean Vegetable Curry with R	1 Serving	303	501	85	13.9	11.9	14.5
Mixed Salad	1 Serving	47	6.5	1.1	0.33	0.11	0.89
Roasted Sweetcorn & Peppers	1 Serving	67	83	4.9	2.1	6.2	1.6
Chocolate Cookie	1 Serving	54	245	29	2.4	13.3	11.5
Lancashire Cookie	1 Serving	52	246	30.3	1.8	13	11.5
Week 3 Wednesday			2344	259	157	76	61
Slow Roast Pork, Apple Sauce, Ri	1 Serving	230	366	33.4	29.3	12.9	4.8
Roast Chicken with Gravy & Roas	1 Serving	254	299	33.2	29.8	5.3	0.47
Slow Roast Pork & Apple Sauce E	1 Serving	190	400	37.8	33.9	12.6	6.8
Roast Chicken Bap	1 Serving	185	295	33	31.5	4	2.1
Chicken, Chorizo & Paella with D	1 Serving	251	455	51	25.1	16.6	4.2
Cabbage	1 Serving	65	18.5	2.5	1.4	0.33	2.5
Roasted Root Vegetables	1 Serving	65	73	5.7	0.6	5.3	4.1
Strawberry Oatmeal Bar	1 Serving	106	437	62	5.1	18.6	35.8
Week 3 Thursday			2703	315	99	116	54
Chicken & Sweetcorn Pie with Ma	1 Serving	399	707	68	26.4	36.8	6.7
Spinach and Ricotta Canneloni B	1 Serving	236	486	46	15.8	26.6	6.5
Smothered Roasties with Pulled C	1 Serving	223	332	24.5	18	18	0.84
Keema Lamb Biryani with Naan B	1 Serving	213	444	66	20.1	11.2	7.2
Vegetable Biryani, Curry Sauce &	1 Serving	267	504	84	11.5	13.6	11.9
Broccoli	1 Serving	60	19.7	1.1	2.6	0.54	0.9
Carrots	1 Serving	60	22	4.7	0.36	0.18	4.4
Forest Fruit Cheesecake	1 Serving	90	188	22.4	4	9.2	15.1
Week 3 Friday			2233	296	88	77	64
Battered Fish with Chunky Chips	1 Serving	245	395	46	14.8	16.7	1.2
Cheddar & Caramelised Red Onic	1 Serving	288	569	61	15.8	29.1	17.8
Fish Cake Burger with Iceberg &	1 Serving	213	426	56	16.7	14.9	4
Vegetable Teriyaki Chow Mein Wit	1 Serving	237	422	72	20.4	5.6	11.4
Garden peas	1 Serving	60	51	6.6	4.1	0.9	1.4
Baked Beans	1 Serving	50	41	6.4	2.3	0.7	3.4
Toffee Apple bread & Butter Puddi	1 Serving	269	328	47	13.7	9.3	24.7

TOTALS:

AVERAGES:

331

40

13.9

12.8

8.1