

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			2125	8936	220	138	30.2	
Crispy Garlic & Herb Chicken Thigh w...	1 Serving	329	353	1489	17	50	0.6	(A)
Creole Vegetable Jambalaya	1 Serving	389	423	1780	64	14	7.3	(A)
Turkish Beef Kofta 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			2507	10525	312	89	28.5	
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	524	2193	57	14	5.5	(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			2446	10274	299	104	44	
Chicken & Pepperoni Pasta Bake with...	1 Serving	277	632	2656	73	33	6.4	(B)
Pesto Pinwheel Bolognese Ragout & ...	1 Serving	481	463	1948	64	18	7.7	(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			3366	14156	453	134.4	52.5	
Chill Beef Garlic butter Folded Wrap ...	1 Serving	324	640	2688	79	24	2.4	(B)
Margherita Pasta Bake with Garlic Sli...	1 Serving	324	686	2889	96	32	10	(A)
Caribbean Chickpea & Sweet Potato ...	1 Serving	243	414	1745	70	9.4	14	(B)
The Dolce Gardeners Brunch	1 Serving	230	272	1134	20	15	6.5	(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			2500	10516	347	91.4	53.8	
Creamy Paprika Chicken With Rice	1 Serving	203	412	1736	58	22	3.4	(A)
Slow Roasted Tomato & Basil Pasta ...	1 Serving	377	667	2802	84	27	9.4	(A)
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	256	525	2201	66	12	15	(C)
Wk 2 Fri			2175	9152	310	80.3	19.6	
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	288	500	2109	82	19	5.7	(A)
Wk 3 Mon			3424	14395	436	155	51.1	
Beef Bolognese Pasta Bake with Garl...	1 Serving	298	549	2303	60	26	7.1	(A)
Pesto Pinwheel Bolognese Ragout & ...	1 Serving	481	463	1948	64	18	7.7	(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			2396	10054	271	104.2	32.5	
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	456	1907	41	22	3.1	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			3110	13061	363	141	47.2	
Cajun Pulled Pork/ Chicken with Bost...	1 Serving	376	516	2171	48	42	18	B
Slow Roasted Tomato & Basil Pasta ...	1 Serving	377	667	2802	84	27	9.4	A
Jalapeno Nacho Dog with Cheese & S...	1 Serving	314	920	3844	83	29	8.2	D
Plant Based Chilli Cheese Quesadilla ...	1 Serving	322	587	2474	87	26	6.7	A
Katsu Chicken with Steamed Rice & ...	1 Serving	228	420	1770	61	17	4.9	B
Wk 3 Fri			2524	10602	326	88	24.4	
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	579	2430	76	15	5.4	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:	123769	520028	5064	1856	602	
AVERAGES:	1406	5909	58	21.1	6.8	