

Menu

↳ SK Feb 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			1875	7879	228	81	40	
Slow Cooked Spaghetti Bolognese with G...	1 Serving	324	584	2458	74	28	9.3	(A)
Grilled Veg Flatbread with Tzatziki & Cru...	1 Serving	134	345	1440	31	9.6	2.7	(B)
BBQ Bacon Ranch BLT	1 Serving	235	504	2117	59	22	10	(C)
Smoky Chicken & Pineapple with Coconu...	1 Serving	285	442	1864	64	21	18	(B)
WK 1 Tue			1537	6446	165	64	33.2	
Chicken, Chorizo, Sweet Potato Hash wit...	1 Serving	263	308	1290	27	17	8.1	(A)
Indian Tapas Pot with Mango Chutney	1 Serving	172	423	1781	66	7.9	8.3	(C)
Nacho Chilli Cheese Chicken Pasty	1 Serving	186	441	1846	34	23	12	(D)
Singapore Noodles with Edemame Beans ...	1 Serving	306	365	1529	38	16	4.8	(A)
Wk 1 Wed			2790	11712	275	178	33.1	
Marinated Roast Chicken Thigh with Skin...	1 Serving	378	493	2062	28	42	4.4	(A)
Honey Roast Gammon with Skin-On Roas...	1 Serving	246	312	1306	25	21	4	(A)
Slow Roast Pork with Skin-On Roast Pota...	1 Serving	334	434	1820	32	35	4.4	(A)
Roast Turkey & Stuffing	1 Serving	241	340	1429	27	28	1.4	(A)
Veggie Bangers with Mashed Potato Gravy	1 Serving	234	345	1439	24	16	2.3	(A)
Chicken Shawarma Hot Buddha Bowl	1 Serving	301	428	1803	57	20	6.6	(A)
Vegetable Tikka, with Pilau Rice, Naan & ...	1 Serving	554	438	1853	82	16	10	(A)
Wk 1 Thur			2019	8488	256	85	33.8	
Hot Honey Crispy Chicken & Steamed Rice	1 Serving	315	386	1634	71	16	13	(A)
Creamy Cajun Pasta Bake	1 Serving	286	668	2798	75	19	9.5	(C)
American Beef Cheese steak Baguette wi...	1 Serving	206	565	2369	57	27	5.2	(C)
Jerk Chicken Thigh with Rice & Peas	1 Serving	234	400	1687	53	23	6.1	(B)
Wk 1 Fri			3550	14895	447	111	60	
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)
Homemade Cheddar, Sage & Onion Sausa...	1 Serving	616	662	2762	63	16	3.4	(B)
Sweet Chilli & Soy Glazed Vegetable & No...	1 Serving	299	656	2754	88	17	18	(B)
Salt & Pepper Loaded Fries	1 Serving	224	387	1622	54	3.8	25	(C)
Asian Loaded Fries (V)	1 Serving	196	214	903	39	5	7	(C)
Loaded Fries with Cheese, Bacon & Salsa	1 Serving	228	352	1477	37	14	1.9	(B)
Loaded Pizza Fries	1 Serving	255	421	1760	39	15	3.3	(C)
Wk 2 Mon			1813	7627	201	108	23.6	
Creamy Piri Piri Chicken with Garlic Orzo	1 Serving	246	433	1831	46	44	3.6	(A)

Curried Vegetable & Paneer Puff Pastry S...	1 Serving	156	406	1693	25	16	3.8	(D)
Hunters Chicken Folded Wrap	1 Serving	233	548	2306	65	28	5.2	(C)
Sweet & Sour Chicken Balls & Wok Fried ...	1 Serving	263	426	1797	65	20	11	(B)
Wk 2 Tue			2094	8790	250	80	27.2	
Crunchy Crumb Cheese Topped Cumberla...	1 Serving	246	459	1919	38	23	3.5	(B)
Cauliflower Cheese Yorkie, Mashed Potat...	1 Serving	475	499	2090	48	20	12	(B)
Tandoori Chicken Naan Wrap Pot	1 Serving	222	579	2433	78	18	2.5	(A)
Chicken Kofte Meatball Masala with Rain...	1 Serving	276	557	2348	86	19	9.2	(B)
Wk 2 Wed			1596	6706	206	57	18.8	
Crispy Vegetable Burger, Salsa & Wedges	1 Serving	325	584	2458	89	15	8.5	(A)
Chargrilled Signature Burger	1 Serving	237	540	2261	51	25	6.7	(C)
Bang Bang Chicken Fried Rice & Asian Sl...	1 Serving	240	472	1987	66	17	3.6	(C)
Wk 2 Thur			2385	10028	301	116	49	
Korean Pulled Pork with Kimchi & Fried R...	1 Serving	253	579	2443	82	36	7.7	(B)
Mac 'n' Cheese with Garlic Slice	1 Serving	368	770	3225	78	31	13	(B)
Nut Free Satay Chicken Bowl, Coconut Ri...	1 Serving	362	469	1974	63	23	11	(B)
Chilli Beef Noodle Stir Fry with Crispy Chi...	1 Serving	359	567	2386	78	26	17	(B)
Wk 2 Fri			1998	8395	282	55	45	
Crispy Falafel & Houmous Pitta pocket wi...	1 Serving	260	476	2001	68	12	4.3	(A)
Salt & Pepper Loaded Fries	1 Serving	224	387	1622	54	3.8	25	(C)
Asian Loaded Fries (V)	1 Serving	196	214	903	39	5	7	(C)
Loaded Pizza Fries	1 Serving	255	421	1760	39	15	3.3	(C)
Singapore Noodles with Vegetable Spring...	1 Serving	288	500	2109	82	19	5.7	(A)
Wk 3 Mon			2123	8936	268	112	24	
Southern Baked Ranch Chicken & Rice Po...	1 Serving	286	559	2358	73	37	4.8	(B)
Slow Roasted Tomato & Basil Pasta with ...	1 Serving	377	667	2802	84	27	9.4	(A)
Toasted Sourdough Reuban Sandwich	1 Serving	203	465	1951	50	22	5.3	(C)
Salt & Pepper Chicken with Chip Shop Cu...	1 Serving	228	432	1825	61	26	4.5	(A)
Wk 3 Tue			2497	10476	299	91	26.1	
Jumbo Sausage in a Crusty Baguette with...	1 Serving	363	819	3434	99	24	8.2	(B)
Veggie Sausage in a Crusty Baguette wit...	1 Serving	340	631	2653	87	25	7.4	(A)
Crispy Chicken Stack Burger	1 Serving	228	506	2123	61	19	4.7	(A)
Chicken Saag with Coconut Rice & Indian ...	1 Serving	312	541	2266	52	23	5.8	(B)
Wk 3 Wed			1312	5492	126	54	17.9	
Roast Butternut Squash Wellington with ...	1 Serving	286	417	1747	45	13	6	(B)
Chicken Shawarma Orzo Buddha Bowl	1 Serving	301	421	1769	53	21	8.1	(A)
Hot Nachos topped with Beef Chilli, Jalap...	1 Serving	254	474	1976	28	20	3.8	(C)
Wk 3 Thur			2030	8524	252	73	44	
Tex Mex Pulled Pork/ Chicken with Bosto...	1 Serving	267	377	1586	38	29	15	(B)

Veggie Biryani, Curry Sauce with Naan & ...	1 Serving	250	631	2651	91	11	14	B
BBQ Meatball & Cheese Hotpocket Turno...	1 Serving	177	466	1946	35	19	7.3	D
Vegetable Tikka Open Burrito with Mint Y...	1 Serving	279	556	2341	88	14	7.8	B
Wk 3 Fri			1029	4322	146	24.4	25	
Sweet Chilli Crispy Mac 'n' Cheese Bites ...	1 Serving	245	411	1728	63	9.4	11	C
Oriental BBQ Vegetable Stir Fry Noodles ...	1 Serving	275	618	2594	83	15	14	C

TOTALS:	87910	369218	3702	1289	501	
AVERAGES:	1374	5769	58	20.1	7.8	