

Menu

↳ Casa 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			1281	5377	93	112	20.8	
Churrasco Chicken Leg with Spiced Rice ...	1 Serving	345	361	1523	23	51	3.9	(A)
BBQ Bacon Ranch BLT	1 Serving	235	504	2117	59	22	10	(C)
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	(C)
Wk 1 Tue			1278	5350	98	80	22.5	
Chicken, Chorizo & Cheddar Taco with To...	1 Serving	232	476	1997	54	22	5.3	(B)
Nacho Chilli Cheese Chicken Pasty	1 Serving	186	441	1846	34	23	12	(D)
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	(B)
Wk 1 Wed			1378	5783	135	80	17.2	
Chilli Beef Enchilada with Mexican Sweet...	1 Serving	283	556	2337	73	20	9.9	(B)
Chicken Shawarma Hot Buddha Bowl	1 Serving	301	428	1803	57	20	6.6	(A)
Tandoori Chick 'n' Mix	1 Serving	233	394	1643	4.7	40	0.7	(B)
Wk 1 Thur			1397	5861	126	87	18.8	
Buffalo Chicken with Vegetable rice & Ho...	1 Serving	237	426	1794	57	22	5	(B)
American Beef Cheese steak Baguette wi...	1 Serving	206	565	2369	57	27	5.2	(C)
Maple & Sweet Chilli Chicken Chick 'n' Mix	1 Serving	233	406	1698	12	38	8.6	(B)
Wk 1 Fri			608	2555	85	20	10	
Texan BBQ Chicken Burger with Mexican ...	1 Serving	337	608	2555	85	20	10	(A)
Wk 2 Mon			1419	5966	124	112	18.7	
Creamy Piri Piri Chicken with Garlic Orzo ...	1 Serving	265	435	1840	47	44	4.3	(A)
Hunters Chicken Folded Wrap	1 Serving	233	548	2306	65	28	5.2	(C)
BBQ Chick 'n' Mix	1 Serving	233	436	1820	12	40	9.2	(C)
Wk 2 Tue			1572	6585	156	69	13.2	
Fajita Mixed Bean & Cheese Quesadilla wi...	1 Serving	218	632	2645	68	16	5.5	(B)
Tandoori Chicken Naan Wrap Pot	1 Serving	222	579	2433	78	18	2.5	(A)
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	(B)
Wk 2 Wed			1827	7650	136	115	19.2	
Smoky Chicken Mac Wrap with Spiced Sl...	1 Serving	282	637	2677	73	32	7.6	(B)
Chargrilled Cheeseburger with Sauce Sel...	1 Serving	325	774	3236	52	44	4.7	(C)
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	(C)
Wk 2 Thur			1075	4513	96	78	22.8	
Louisiana BBQ Chicken Thigh with Mashe...	1 Serving	230	257	1080	22	20	4.7	(A)
Nut Free Satay Chicken Bowl, Coconut Ri...	1 Serving	362	469	1974	63	23	11	(B)
Jerk Chick 'n' Mix	1 Serving	233	349	1459	11	35	7.1	(B)
Wk 2 Fri			503	2119	68	27	8.8	
Charred Lemon & Herb Chicken Burger W...	1 Serving	316	503	2119	68	27	8.8	(A)

Wk 3 Mon			1203	5055	81	120	12.6	
Firecracker Chicken Leg with Dirty Rice &...	1 Serving	357	377	1597	21	63	2.1	(A)
Toasted Sourdough Reuban Sandwich	1 Serving	203	465	1951	50	22	5.3	(C)
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	(B)
Wk 3 Tue			1295	5431	119	78	16.9	
Texan BBQ Chicken Taco with Wedges & ...	1 Serving	265	373	1571	47	20	5.3	(A)
Crispy Chicken Stack Burger	1 Serving	228	506	2123	61	19	4.7	(A)
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	(C)
Wk 3 Wed			1359	5695	120	81	27.3	
Hot & Spicy Beef & Jalapeno Burrito with ...	1 Serving	277	502	2106	55	20	10	(B)
Greek Chicken Orzo Bowl with Roasted V...	1 Serving	301	421	1769	53	21	8.1	(A)
BBQ Chick 'n' Mix	1 Serving	233	436	1820	12	40	9.2	(C)
Wk 3 Thur			1263	5283	91	75	21.8	
Spicy Tex Mex Chicken with Dirty Rice & ...	1 Serving	296	391	1639	44	18	5.9	(A)
BBQ Meatball & Cheese Hotpocket Turno...	1 Serving	177	466	1946	35	19	7.3	(D)
Maple & Sweet Chilli Chicken Chick 'n' Mix	1 Serving	233	406	1698	12	38	8.6	(B)
Wk 3 Fri			535	2253	67	29	7.8	
Peri Peri Chicken Thigh Burger With Peri...	1 Serving	305	535	2253	67	29	7.8	(A)

TOTALS:	46524	195230	1595	1163	258	
AVERAGES:	1193	5006	41	29.8	6.6	