

# Menu

↳ 6th Form 2025



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g	Nutri-Score
<b>WK 1 Mon</b>								
Loaded Wedges with Cheese, Bacon ...	1 Serving	218	344	1440	36	13	2.5	(B)
Moroccan Meatballs with Spiced Cou...	1 Serving	213	411	1728	56	19	7	(A)
Grilled Ranch Chicken In a Wrap (H)	1 Serving	172	384	1610	33	25	4.2	(B)
Grilled Ranch Chicken In a Wrap	1 Serving	172	375	1573	31	24	2.6	(A)
<b>WK 1 Tue</b>								
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	(C)
Crispy Caesar Chicken Burger & Wed...	1 Serving	306	589	2476	77	22	5.3	(A)
Roast Vegetable & Mozzarella Barch...	1 Serving	246	487	2053	76	17	4.1	(B)
<b>WK 1 Wed</b>								
Smothered Roasties with Pulled Chic...	1 Serving	243	382	1593	26	18	0.9	(A)
Slow Roast Pork with Skin-On Roast ...	1 Serving	219	379	1587	21	29	0.8	(A)
Marinated Roast Chicken with Skin-O...	1 Serving	258	450	1875	22	25	1	(A)
Roast Pork & Stuffing Baguette	1 Serving	167	433	1824	51	33	2.9	(B)
Roast Chicken & Stuffing Baguette	1 Serving	177	383	1615	51	26	2.9	(B)
<b>WK 1 Thur</b>								
Hot Topped Nacho Pot with Salsa, So...	1 Serving	150	503	2103	55	11	4.2	(C)
BBQ Chicken & Bacon Cottage Pie	1 Serving	262	300	1260	26	23	9.8	(A)
BBQ Chicken Cottage Pie (H)	1 Serving	257	280	1178	26	23	9.9	(A)
Crispy Topped Mac & Cheese	1 Serving	319	740	3101	78	31	10	(C)
<b>WK 1 Fri</b>								
Loaded Fries with Cheese, Bacon & S...	1 Serving	228	352	1477	37	14	1.9	(B)
Loaded Jacket with Cheese, Bacon & ...	1 Serving	325	369	1550	47	15	3.4	(B)
Battered Fish with Chips	1 Serving	245	388	1628	46	15	1	(A)

<b>Spicy Bean Burger with Salsa in a Sof...</b>	1 Serving	319	580	2442	91	17	8.5	(A)
<b>WK 2 Mon</b>								
<b>Spanish Chicken &amp; Chorizo Potatas B...</b>	1 Serving	270	348	1453	25	20	3.3	(A)
<b>Crispy Beef &amp; Cheese Burrito</b>	1 Serving	184	419	1753	33	21	5.3	(C)
<b>WK 2 Tue</b>								
<b>Char Siu Pork with Wok Fried Noodles</b>	1 Serving	353	937	3963	160	41	21	(B)
<b>Char Siu Chicken with Wok Fried Noo...</b>	1 Serving	353	869	3684	160	42	21	(B)
<b>Jumbo Sausage in a Crusty Baguette ...</b>	1 Serving	244	727	3041	74	23	7.2	(D)
<b>WK 2 Wed</b>								
<b>Marinated Roast Chicken with Skin-O...</b>	1 Serving	258	450	1875	22	25	1	(A)
<b>Vegetable Calzone</b>	1 Serving	246	485	2035	62	17	3.3	(B)
<b>WK 2 Thur</b>								
<b>Tex Mex Sausage Plait with Cajun We...</b>	1 Serving	339	655	2734	60	18	6	(C)
<b>Crispy Korean Chicken Open Wrap wi...</b>	1 Serving	171	328	1383	45	17	4.3	(B)
<b>Korean Chicken Open Wrap with Kim...</b>	1 Serving	181	288	1213	34	23	4.3	(A)
<b>WK 2 Fri</b>								
<b>Hand Battered Fish And Chips</b>	1 Serving	347	502	2124	90	22	0.7	(B)
<b>Battered Fish with Chips</b>	1 Serving	245	388	1628	46	15	1	(A)
<b>Jumbo Sausage with Chunky Chips</b>	1 Serving	234	522	2178	42	17	1.6	(D)
<b>WK 3 Mon</b>								
<b>Jerk Chicken Drumsticks with Rice &amp; ...</b>	1 Serving	338	599	2517	64	34	9.3	(B)
<b>Chargrilled Cheeseburger with Sauce...</b>	1 Serving	218	621	2594	48	27	5	(D)
<b>WK 3 Tue</b>								
<b>Philly Cheese Steak Pasta Bake</b>	1 Serving	328	648	2723	72	32	10	(B)
<b>Buffalo Chicken &amp; Mozzarella Garlic ...</b>	1 Serving	196	453	1907	56	24	6.2	(B)
<b>WK 3 Wed</b>								
<b>Marinated Roast Chicken with Skin-O...</b>	1 Serving	258	450	1875	22	25	1	(A)
<b>Roast Chicken &amp; Stuffing Baguette</b>	1 Serving	177	383	1615	51	26	2.9	(B)
<b>WK 3 Thur</b>								
<b>Meat &amp; Potato Pie, Creamy mashed P...</b>	1 Serving	310	637	2661	59	20	2.5	(C)

<b>Indian chicken &amp; Saffron Rice Burrito</b>	<b>1 Serving</b>	<b>162</b>	<b>295</b>	<b>1239</b>	<b>31</b>	<b>18</b>	<b>6</b>	<b>(B)</b>
<b>WK 3 Fri</b>			<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	
<b>Greek Feta Spanakopita Parcel &amp; Chips</b>	<b>1 Serving</b>	<b>279</b>	<b>395</b>	<b>1656</b>	<b>41</b>	<b>17</b>	<b>4.7</b>	<b>(B)</b>

<b>TOTALS:</b>								
<b>AVERAGES:</b>		1230	5162	53	22.3	5.1		