

Menu

↳ Casa Brasilia



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g	Nutri-Score C
Week 1 Mon								
Buffalo Chicken Drumsticks	1 Serving	330	593	2468	1.1	56	0	(A)
Chilli & Tomato Rice	1 Serving	81	198	843	44	4.4	1.5	(B)
Crispy Chicken Wrap with BBQ Sauce	1 Serving	186	436	1834	56	17	7.7	(B)
Halal Crispy Chicken Wrap with BBQ ...	1 Serving	184	399	1676	51	13	7.7	(C)
Crispy Quorn Dipper Wrap with BBQ ...	1 Serving	178	355	1490	44	15	7.1	(A)
Cajun Wings	1 Serving	281	513	2142	2.8	53	1.8	(B)
Week 1 Tue								
Texan BBQ Chicken Burger & Wedges	1 Serving	268	524	2205	72	19	7.4	(B)
Red Slaw	1 Serving	80	54	228	12	0.7	10	(C)
Bombay Pasty (V)	1 Serving	248	484	2027	54	14	4.5	(B)
Five Spice Wings	1 Serving	253	486	2026	0.5	50	0	(B)
Week 1 Wed								
Mexican Chicken Burrito & Crunchy ...	1 Serving	311	487	2055	78	21	7.5	(A)
Roast Pork & Stuffing Bap	1 Serving	167	390	1638	35	33	2.2	(A)
Roast Chicken & Stuffing Bap	1 Serving	177	340	1429	35	25	2.2	(A)
Hot Honey, Lemon & Pepper Chicken ...	1 Serving	293	561	2344	17	52	15	(B)
Week 1 Thur								
Firecracker Grilled Chicken Thigh wit...	1 Serving	175	311	1313	37	23	2.1	(B)
Mac & Cheese with Optional Hot Sauce	1 Serving	351	691	2893	70	29	12	(B)
Sweet Chilli Chicken Wings	1 Serving	273	399	1672	8	48	6.9	(A)
Week 1 Fri								
Crispy Chicken Burger & Chips	1 Serving	311	580	2439	80	19	4.7	(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)
Wild Wing Roulette	1 Serving	266	494	2060	2.9	50	2.8	(B)
Week 2 Mon								
Lemon & Herb Chicken Drumsticks	1 Serving	327	594	2474	0.8	56	0.5	(A)
Dirty Rice	1 Serving	92	244	1033	50	5.7	1.2	(A)
Crispy Chicken Wrap with Cool Mayo	1 Serving	186	466	1952	51	17	3.2	(B)
Halal Crispy Chicken Wrap with Cool ...	1 Serving	184	458	1917	46	16	3.7	(B)
Crispy Quorn Dipper Wrap with Cool ...	1 Serving	178	384	1608	39	15	2.6	(A)
Peri Peri Wings	1 Serving	270	491	2047	0.5	50	0.5	(B)
Week 2 Tue								
Mexican Fajita Chicken or Pork Taco ...	1 Serving	306	472	1975	41	25	2.6	(A)
Rainbow Slaw	1 Serving	60	21	87	3.5	0.7	3.1	(A)
Tandoori Chicken Khati Wrap with Ind...	1 Serving	239	481	2023	62	20	5.4	(A)
BBQ Wings	1 Serving	277	497	2074	5.9	50	5.1	(B)
Week 2 Wed								
Peri Peri Beef Quesadilla with Chilli ...	1 Serving	214	550	2311	66	23	3.5	(C)
Roast Chicken & Stuffing Bap	1 Serving	177	340	1429	35	25	2.2	(A)

Garlic & Lemon Chicken Wings	1 Serving	265	477	1989	1	50	0.5	(B)
Week 2 Thur								
Chipotle Chicken Thigh with Potatas ...	1 Serving	230	273	1146	25	20	3.7	(A)
Sweet Chilli Glazed Sausage & Peppe...	1 Serving	274	730	3058	80	23	17	(D)
Tikka Wings	1 Serving	260	481	2005	1	50	0.6	(B)
Week 2 Fri								
Texas BBQ Nacho Chicken Burger & ...	1 Serving	324	662	2782	90	22	7.2	(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)
Wild Wing Roulette	1 Serving	266	494	2060	2.9	50	2.8	(B)
Week 3 Mon								
Hickory Smoked Chicken Drumstick ...	1 Serving	448	870	3646	62	63	7.2	(A)
Crispy Chicken Wrap with Peri Peri S...	1 Serving	186	431	1810	50	17	2.8	(B)
Halal Crispy Chicken Wrap with Peri ...	1 Serving	184	394	1652	45	13	2.8	(C)
Crispy Quorn Dipper Wrap with Peri P...	1 Serving	134	210	877	14	11	1.1	(A)
Week 3 Tue								
Mexican Fajita Chicken or Pork Taco ...	1 Serving	306	472	1975	41	25	2.6	(A)
Roasted Vegetable Personal Calzone	1 Serving	251	496	2089	69	19	2.8	(C)
Firecracker Wings	1 Serving	270	477	1991	1.2	50	0	(B)
Week 3 Wed								
Baked Beef & Rice Enchilada with a G...	1 Serving	256	482	2030	66	19	4.5	(B)
Roast Chicken & Stuffing Bap	1 Serving	177	340	1429	35	25	2.2	(A)
Jerk Wings	1 Serving	257	485	2025	3.5	50	3.3	(B)
Week 3 Thur								
Jerk Chicken Thigh with Rice & Peas	1 Serving	200	389	1639	51	23	4.3	(B)
Chilli Cheese Dog with Choice of Sau...	1 Serving	279	746	3118	71	23	7.9	(D)
Sweet Chilli Chicken Wings	1 Serving	273	399	1672	8	48	6.9	(A)
Week 3 Fri								
Cajun Chicken Burger with Paprika Fr...	1 Serving	336	585	2461	86	19	12	(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)
Wild Wing Roulette	1 Serving	266	494	2060	2.9	50	2.8	(B)

TOTALS:								
AVERAGES:		1163	4873		37.2	27.6	4.3	