6th Form



Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Week 1 Mon					
Loaded Wedges with Cheese, Bacon & Salsa - 1 Serving		344 _{Kcal}	MILK		
Slow Cooked Pasta Bolognese 1 Serving		467 _{Kcal}	WHEAT	MUSTARD	
Crispy Chicken Wrap with BBQ Sauce - 1 Serving		436 _{Kcal}	WHEAT, BARLEY SOYA	EGGS	
Halal Crispy Chicken Wrap with BBQ Sauce - 1 Serving		399 _{Kcal}	WHEAT, CELERY SOYA		
Crispy Quorn Dipper Wrap with BBQ Sauce - 1 Serving		355ксаІ	WHEAT, CELERY SOYA		VEGAN VEGAN
		Week	1 Tue		
Hot Topped Nacho Pot with Salsa & Sour Cream - 1 Serving		502 Kcal	MILK		VEGETARIAN
Texan BBQ Chicken Burger & Wedges - 1 Serving		524 Kcal	WHEAT, CELERY SESAME SOVA		
Red Slaw - 1 Serving		54 _{Kcal}			VEGETARIAN VEGAN
Bombay Pasty (V) - 1 Serving		484 _{Kcal}	WHEAT SULPHITES		VEGETARIAN VEGAN

Smothered Roasties with Pulled Chicken & Gravy - 1 Serving	382 _{Kcal}				
Slow Roast Chicken with Roast Potatoes & Gravy - 1 Serving	406 _{Kcal}				
Slow Roast Pork with Skin-On Roast Potatoes & Gravy - 1 Serving	379 _{Kcal}				
Roast Pork & Stuffing Bap - 1 Serving	390 _{Kcal}	WHEAT	SESAME		
Roast Chicken & Stuffing Bap - 1 Serving	340 _{Kcal}	WHEAT	SESAME	VEGETARIAN VEGAN	
	Week	1 Thur			
Hot Topped Nacho Pot with Salsa & Sour Cream - 1 Serving	502 Kcal	MILK		VEGETARIAN	
Sweet and Sour Battered Chicken with Fried rice 1 Serving	452 _{Kcal}	WHEAT MILK	OATS, BARLEY, RVE		
Baked Sausages with Caramelised Onions, Mash and Gravy - 1 Serving	552 _{Kcal}	WHEAT MILK SOYA SULPHITES			
	Weel	¢ 1 Fri			
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352 _{Kcal}	MILK			
Breaded Scampi Bites & Chips - 1 Serving	253 _{Kcal}	WHEAT FISH CRUSTACEANS	MOLLUSCS		
Spicy Bean Burger in a Soft Bap & Chips - 1 Serving	578 _{Kcal}	WHEAT SESAME		VEGAN VEGAN	
Week 2 Mon					
Loaded Wedges with Cheese, Bacon & Salsa - 1 Serving	344 Kcal	MILK			
Gaeng Daeng (Thai Red Chicken Curry) - 1 Serving	470 _{Kcal}	WHEAT			

Crispy Chicken Wrap with Cool Mayo - 1 Serving 458 Max						
Crispy Quom Dipper Wrap with Cool Mayo - 1 Serving 384 v.	Crispy Chicken Wrap with Cool Mayo - 1 Serving	466 _{Kcal}	WHEAT EGGS	MILK		
Week 2 Tue	Halal Crispy Chicken Wrap with Cool Mayo - 1 Serving	458 _{Kcal}	WHEAT EGGS			
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese -1 Serving BBQ Pulled Pork or Chicken with Cajun Wedges -1 Sacking BBQ Pulled Pork or Chicken with Cajun Wedges -1 Sacking Week 2 Wed Smothered Roasties With Pulled Chicken & Gravy -1 Serving Smothered Roasties with Pulled Chicken & Gravy -1 Serving All Topped Nacho Pot with Salsa, Sour Cream & Cheese -1 Serving Week 2 Thur Week 2 Thur Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese -1 Serving Greek Crispy Chicken Cyrox & Tzatziki -1 Serving 373rcal Week 2 Thur Swert Chilli Glazed Sausage & Peppers in a Sub Roll -1 Serving 373rcal Week 2 Fi Week 2 Fi Week 2 Fi Week 2 Fi	Crispy Quorn Dipper Wrap with Cool Mayo - 1 Serving	384 _{Kcal}	WHEAT EGGS			
BBQ Pulled Pork or Chicken with Cajun Wedges - 1 Serving Tandoori Chicken & Lentil Kati Wrap with Indian Slaw & Mint Yoghurt - 1 Serving Week 2 Wed Smothered Roasties with Pulled Chicken & Gravy - 1 Serving Marinated Roast Chicken, Roast Potatoes & Gravy - 1 Serving Roast Chicken & Stuffing Bap - 1 Serving Week 2 Thur Wee		Week	2 Tue			
Serving Tandoori Chicken & Lentil Kati Wrap with Indian Slaw & Mint Yoghurt - 1 Serving Week 2 Wed Smothered Roasties with Pulled Chicken & Gravy - 1 Serving 382 & Secal Marinated Roast Chicken, Roast Potatoes & Gravy - 1 Serving 308 Koal 400 & Serving 308 Koal 400 & Serving Week 2 Thur Week 2 Thur Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving Greek Crispy Chicken Gyros & Tzatziki - 1 Serving 373 Koal 373 Koal Week 2 Fi Week 2 Fi Loaded Fries with Cheese, Bacon & Salsa - 1 Serving 352 & Serving 352 Secal 353 Secal 364 Secal 373 Secal 374 Secal 375 Secal		503 Kcal	MILK			
Week 2 Wed Smothered Roasties with Pulled Chicken & Gravy - 1 Serving 382 Acai Serving 308 Acai Serving 340 Acai Serving Smothered Roast Chicken & Gravy - 1 Serving 340 Acai Serving Servin		366 Kcal	WHEAT SOYA			
Smothered Roasties with Pulled Chicken & Gravy - 1 Serving 388xcal 308xcal		481 Kcal	WHEAT EGGS MILK			
Serving Marinated Roast Chicken, Roast Potatoes & Gravy - 1 Serving Roast Chicken & Stuffing Bap - 1 Serving Week 2 Thur Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese -1 Serving Greek Crispy Chicken Gyros & Tzatziki - 1 Serving 373 Real Type Chicken Gyros & Tzatziki - 1 Serving 730 Real Type Chicken Gyros & Tzatziki - 1 Serving Week 2 Fri Week 2 Fri Loaded Fries with Cheese, Bacon & Salsa - 1 Serving 352 Leal		Week	2 Wed			
Roast Chicken & Stuffing Bap - 1 Serving Week 2 Thur Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese -1 Serving Greek Crispy Chicken Gyros & Tzatziki - 1 Serving 373 Kcal T30 Kcal Week 2 Fri Loaded Fries with Cheese, Bacon & Salsa - 1 Serving 352 Kcal		382 Kcal				
Roast Chicken & Stuffing Bap - 1 Serving Week 2 Thur Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese -1 Serving Greek Crispy Chicken Gyros & Tzatziki - 1 Serving 373 kcal 373 kcal 373 kcal 373 kcal Week 2 Fri Loaded Fries with Cheese, Bacon & Salsa - 1 Serving 352 kcal Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		308 Kcal				
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese -1 Serving Greek Crispy Chicken Gyros & Tzatziki - 1 Serving 373 Kcal Week 2 Fri Week 2 Fri Loaded Fries with Cheese, Bacon & Salsa - 1 Serving 352 Kcal	Roast Chicken & Stuffing Bap - 1 Serving	340 _{Keal}	WHEAT	SESAME	VEGETARIAN	
Greek Crispy Chicken Gyros & Tzatziki - 1 Serving 373 _{Kcal} Will Figure 1 Serving 373 _{Kcal} 373 _{Kcal} Will Figure 2 Serving 373 _{Kcal} Will Figure 3 Sub Roll - 1 Serving Week 2 Fri Loaded Fries with Cheese, Bacon & Salsa - 1 Serving 352 _{Kcal} 352 _{Kcal}		Week	2 Thur			
Sweet Chilli Glazed Sausage & Peppers in a Sub Roll - 1 Serving T30 Kcal Week 2 Fri Loaded Fries with Cheese, Bacon & Salsa - 1 Serving 373 Kcal Week 2 Fri 372 Kcal		503 _{Kcal}	MILK		·	
Serving Week 2 Fri Loaded Fries with Cheese, Bacon & Salsa - 1 Serving 352 _{Kcal}	Greek Crispy Chicken Gyros & Tzatziki - 1 Serving	373 _{Kcal}				
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving 352 _{Kcal}		730 _{Kcal}	WHEAT SOYA SULPHITES	(5)		
	Week 2 Fri					
	Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352 Kcal	MILK			

Battered Fish with Chips - 1 Serving	388 _{Kcal}	MHEAT	FISH			
Jumbo Sausage with Chunky Chips - 1 Serving	522 Kcal	WHEAT	SOYA	SULPHITES		
	Week	3 Mon				
Loaded Wedges with Cheese, Bacon & Salsa - 1 Serving	344 Kcal	MILK				
Turkish Beef Kofte Kebab with Tomato Salad & Chilli Sauce - 1 Serving	376 _{Keal}	WHEAT			MILK	
Crispy Chicken Wrap with Peri Peri Sauce - 1 Serving	431 _{Kcal}	WHEAT			EGGS MILK	
Halal Crispy Chicken Wrap with Peri Peri Sauce - 1 Serving	394 _{Kcal}	WHEAT	CELERY			
Crispy Quorn Dipper Wrap with Peri Peri Sauce - 1 Serving	210 _{Kcal}	WHEAT				VEGAN VEGAN
	Weel	c 3 Tue				
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving	503 _{Kcal}	MILK				VEGETARIAN
Mexican Pork & Bean Soft Taco, Red Slaw & Rice - 1 Serving	689 _{Kcal}	MHEAT				
Roasted Vegetable Personal Calzone - 1 Serving	496 _{Kcal}	WHEAT	MILK			
Week 3 Wed						
Smothered Roasties with Pulled Chicken & Gravy - 1 Serving	382 _{Kcal}					
Marinated Roast Chicken, Roast Potatoes & Gravy - 1 Serving	308 _{Kcal}					
Roast Chicken & Stuffing Bap - 1 Serving	340 _{Keal}	WHEAT			SESAME	VEGAN VEGAN
Week 3 Thur						

Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving	503 _{Kcal}	MILK	VEGETARIAN		
Singapore Black Pepper Chicken with Wok Fried Noodles - 1 Serving	636ксаІ	WHEAT SESAME SOYA			
Chilli Cheese Dog with Choice of Sauces - 1 Serving	746ксаІ	WHEAT EGGS MILK BARLEY SDYA SULPHITES SESAME			
Week 3 Fri					
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352 _{Kcal}	MILK			
Battered Fish with Chips - 1 Serving	388 _{Kcal}	WHEAT FISH			
Vegan Sausage Roll with Chunky Chips - 1 Serving	530 _{Kcal}	WHEAT, SOYA MILK	VEGETARIAN VEGAN		

Generated by Nutritics v6.01 on 20th Jun 2024. Last Modified 11th Jun 2024.