

Menu

↳ Casa Brasília 25



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g	Nutri-Score ↻
Wk 1 Mon			3659	15387	231.7	399	24.6	
Firecracker Chicken Leg with Spiced ...	1 Serving	308	445	1887	41	64	1	A
Toasted Cheesy Garlic Chicken Wrap	1 Serving	257	512	2146	31	43	2.1	B
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	C
Wk 1 Tue			4971	20806	355.3	322	34.9	
One Pot Jollof Rice with West African...	1 Serving	392	429	1809	48	36	3.5	A
Jamaican Beef Patty	1 Serving	283	865	3605	51	35	3.2	D
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	B
Wk 1 Wed			5962	25097	600	487	116.4	
Hot Honey Chilli Chicken Burrito with...	1 Serving	395	570	2402	67	43	23	A
Roast Pork & Stuffing Baguette	1 Serving	167	433	1824	51	33	2.9	B
Roast Chicken & Stuffing Baguette	1 Serving	267	511	2153	51	44	2.9	A
Hot Roast Gammon Baguette	1 Serving	192	368	1558	54	27	5.9	C
Tandoori Chick 'n' Mix	1 Serving	233	394	1643	4.7	40	0.7	B
Wk 1 Thur			5454	22832	405	355	65.4	
Chipotle Chicken, Lime & Corn Open ...	1 Serving	362	473	1992	54	36	8.3	A
Chargrilled Cheeseburger with Sauce...	1 Serving	325	861	3592	56	42	4.7	D
Maple & Sweet Chilli Chicken Chick '...	1 Serving	233	406	1698	12	38	8.6	B
Wk 1 Fri			4623	19400	543	180	57.2	
Cajun Chicken Thigh Burger with Sou...	1 Serving	218	422	1772	45	24	7.3	B
Battered Fish Burger with Selection o...	1 Serving	371	655	2756	90	23	8.3	B
Loaded Pizza Fries	1 Serving	270	471	1965	41	16	3.9	C
Wk 2 Mon			4740	19855	368	304	43.9	
Creamy Cajun Chicken Meatballs, Sp...	1 Serving	349	638	2682	73	34	8.5	B

Taco Beef Baked Burrito	1 Serving	262	609	2545	39	35	4.8	C
Tandoori Chick 'n' Mix	1 Serving	233	394	1643	4.7	40	0.7	B
Wk 2 Tue			2941	12314	263.3	165.9	40.2	
Chilli 'Non' Carne Taco, Wedges & Slaw	1 Serving	284	366	1532	42	13	5.2	A
Hot Shot Chicken Parmo	1 Serving	223	475	1994	54	21	6	B
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	B
Wk 2 Wed			3184	13337	270.7	192	49.7	
Chilli Beef Enchilada with Mexican S...	1 Serving	336	658	2761	73	30	10	B
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	C
Wk 2 Thur			3320	13950	265.7	294	37.3	
Piri Piri Chick 'n' Rice	1 Serving	314	508	2137	49	38	4.2	A
Salt & Pepper Chicken Flatbread with...	1 Serving	260	351	1479	33	36	2.9	A
Jerk Chick 'n' Mix	1 Serving	233	349	1459	11	35	7.1	B
Wk 2 Fri			5706	23958	726	201	74	
Texas BBQ Chicken Burger, Mexican ...	1 Serving	334	600	2523	84	22	9.8	A
Battered Fish Burger with Selection o...	1 Serving	371	655	2756	90	23	8.3	B
Loaded Pizza Fries	1 Serving	270	471	1965	41	16	3.9	C
Wk 3 Mon			3923	16528	353.3	390	55	
Jerk Chicken Leg with Rice & Peas	1 Serving	387	608	2567	58	67	7.1	A
Grilled Hunters BBQ Chicken Sub Roll	1 Serving	190	383	1619	56	26	8.1	B
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	B
Wk 3 Tue			5174	21676	411.7	348	58.1	
Fajita Beef Taco with Spiced Wedges ...	1 Serving	381	597	2492	38	33	6.2	A
Portuguese Chicken Tasca Flatbread	1 Serving	335	576	2429	72	39	5.5	B
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	C
Wk 3 Wed			2413	10114	187	161	35.5	
Buffalo Chicken & Cheddar Quesadill...	1 Serving	285	490	2060	56	24	4.9	B
BBQ Chick 'n' Mix	1 Serving	233	436	1820	12	40	9.2	C
Wk 3 Thur			4964	20824	390	350	57.4	

Spicy Chicken, Chorizo & Peppers wi...	1 Serving	234	443	1861	49	21	4	A
Spicy Chicken, Pepperoni & Peppers ...	1 Serving	314	607	2543	49	37	4.1	B
Grilled Chicken Roti with Slaw & Hot ...	1 Serving	267	403	1695	35	36	5.6	A
Maple & Sweet Chilli Chicken Chick '...	1 Serving	233	406	1698	12	38	8.6	B
Wk 3 Fri			6803	28575	782	329	89.3	
Peri Peri Chicken Thigh Burger With ...	1 Serving	438	708	2978	77	46	11	A
Battered Fish Burger with Selection o...	1 Serving	371	655	2756	90	23	8.3	B
Loaded Pizza Fries	1 Serving	270	471	1965	41	16	3.9	C
Piri Piri Sauces			4.1	17.3	0.51	0	0.33	
Hot Piri Piri Sauce	1 Serving	10	5	22	0.7	0	0	C
Medium Piri Piri Sauce	1 Serving	10	20	83	0.6	0	0.5	C
Lemon & Herb Piri Piri Sauce	1 Serving	10	16	68	3.8	0	2.8	D
TOTALS:			67841	284669	2004	1555	284	
AVERAGES:			1385	5810	41	31.7	5.8	