

Menu

↳ Spring Summer Secondary 2026



Name	Portion Name	Portion Size g	Carbohydrate g
Spring Summer 2026			
SECB5 Smokey Beef Chilli Tacos	1 Serving	249	21
SECV59 Tuscan Chickpea Pasta Sauce	1 Serving	117	9.9
SECV19 Vegan Sausage	1 Serving	100	5.7
SECS29 Curry Sauce	1 Serving	48	4.3
SECS31 Mushy Peas	1 Serving	80	11
SECS8 Gravy	1 Serving	54	2.9
SECC2 Curried Squash, Sweet Potato & ...	1 Serving	267	26
SECP4 Pork Sausage	1 Serving	114	9.7
SECC11 Spiced Pineapple Rainbow Slaw	1 Serving	61	5.4
SECC10 Rice & Peas	1 Serving	197	48
SECC4 Jerk Chicken Thighs	1 Serving	153	6.2
SECS23 Garlic Bread	1 Serving	30.2	13
SECD50 Chocolate Swirl	1 Serving	121	46
SECB3 Beef Lasagne (Added Plant Protein)	1 Serving	264	41
SECS42 Seasoned Potatoes	1 Serving	142	25
SECY4 Greek Feta, Honey and Spinach Pa...	1 Serving	139	25
SECMK13 Soft Taco	1 Serving	27	13
SECD16 Cherry Apple Crumble	1 Serving	153	46
SECD51 Peach Upside Down Cake	1 Serving	115	40
SECD8 Summer Fruit Muffin	1 Serving	66	32
SECS16 Naan Bread	1 Serving	32.5	15
SECF8 Summer Salad	1 Serving	88	2.6
SECD42 Pineapple Upside Down Cake	1 Serving	121	31
SECD20 Sticky Toffee Apple Crumble	1 Serving	123	43
SECD6 Chocolate Beetroot Brownie	1 Serving	63	19
SECSR5 Sweet Potato, Chickpea and Spin...	1 Serving	183	30
SECS39 50/50 Long Grain & Wholemeal ...	1 Serving	142	47
SECF1 Salmon Fishcake	1 Serving	100	23
SECS44 Charred Corn Salad	1 Serving	86	12
SECV58 Broccoli and Feta Quiche	1 Serving	278	42
SECF7 Battered Fish Fillet	1 Serving	80	13
SECV52 Yakisoba Soya Noodles	1 Serving	412	43

SECY7 Greek Salad	1 Serving	80	2.1
SECD50 Cucumber Shaker Salad	1 Serving	103	6.7
SECY6 Tzatziki	1 Serving	21.2	1.6
SECY8 Theos Greek Flatbread	1 Serving	50	23
SECY11 Summer Rice	1 Serving	140	42
SECD52 Eton Mess	1 Serving	90	49
SECY1 Greek Gyros Chicken (Theos) / Ch...	1 Serving	80	2.2
SECD37 Iced Sponge	1 Serving	56	22
SECD33 Chocolate Crunch Cake	1 Serving	60	33
SECD30 Plum Crumble	1 Serving	128	44
SECD5 Apple Pie	1 Serving	134	37
SECSR14 Chicken Tikka Masala (Added ...	1 Serving	144	15
SECV57 Burrito Bowl	1 Serving	374	100
SECD15 Rice	1 Serving	140	42
SECMK11 Homemade Sour Cream	1 Serving	21.3	0.9
SECV14 Bean Burger	1 Serving	190	70
SECP6 Pulled Pork Slider	1 Serving	215	40
SECD19 Paprika Wedges	1 Serving	150	23
SECSF11 Spicy Rice	1 Serving	80	17
SECPEC13 Peckish Rainbow Coleslaw	1 Serving	57	4.2
SECCH20 Original Spice Chicken	1 Serving	85	2
SECD18 Burger Bun	1 Serving	77	37
SECMC4 Roasted Vegetables and Red Pe...	1 Serving	22	1.4
SECMC6 Smoky Sausage	1 Serving	19.6	1.7
SECD41 Chocolate Orange Cookie	1 Serving	43	18
SECMC5 Macaroni Cheese	1 Serving	304	68
SECMC2 Crunchy Garlic Croutons	1 Serving	19.3	8.4
SECMC3 Barbecue Beans	1 Serving	107	17
SECMK12 Homemade Potato Wedges	1 Serving	127	22
SECMC1 Classic Macaroni Cheese	Primary Serving	320	42
SECD35 Jam and Coconut Sponge	1 Serving	58	21
SECD40 - Flapjack	1 Serving	47	25
SECMK7 Pineapple Salsa	1 Serving	39	3.6
SECMK9 Tomato Salsa Topping	1 Serving	20	1.9
SECMK8 Cucumber Salsa	1 Serving	19.5	0.7
SECCH19 Chicken Shawarma - Theos	1 Serving	85	2.4
SECMK6 Soft & Crunchy Taco	1 Serving	39	20

SECS45 Tabouleh	1 Serving	316	40
SECS46 Tomato Salad	1 Serving	80	4.4
SECS47 Pickled Red Onion and Cabbage	1 Serving	45	8.1
SECH16 Delhi Dog - Vegan	1 Serving	127	37
SECS48 Hummus	1 Serving	37	3.6
SECCH13 Roast Chicken Thigh	1 Serving	100	0
SECS20 Nachos	1 Serving	25	16
SECS21 Roast Potatoes	1 Serving	119	20
SECCH21 Sticky Korean Chicken	1 Serving	97	19
SECH6 Delhi Dog - Vegetarian	1 Serving	177	65
SECS49 Sage & Onion Stuffing	1 Serving	50	8.6
SECS7 Carrots	1 Serving	100	7.9
SECS5 Broccoli	1 Serving	84	6.6
SECS28 New Potatoes	1 Serving	200	34
SECCH18 Chicken Biryani	1 Serving	286	54
SECSR8 Sambal - Toasted Coconut	1 Serving	10	0.6
SECSR9 Sambal - Carrot & Sultana	1 Serving	38	7.9
SECSR10 Sambal - Bombay Potatoes	1 Serving	87	18
SECSR11 Sambal - Onion Salad	1 Serving	38	2.6
SECSR12 Sambal - Mango Chutney	1 Serving	10	6
SECV35 Roasted Quorn Fillet	1 Serving	69	3.4
SECF8 Fishfinger Potato Roll	1 Serving	185	60
SECV51 Chickpea and Vegetable Biryani	1 Serving	408	78
SECS4 Chips	1 Serving	150	37
SECS6 Peas	1 Serving	80	9
SECS36 Tartare Sauce	1 Serving	10	2.1
SECV55 Butternut and Feta Quesadilla	1 Serving	376	79
SECV56 Falafel - Theos	1 Serving	40	8.3
Meal Subtotals:			
Meal Averages:		23.3	

TOTALS:	
AVERAGES:	23.3