






















































































Italian Kitchen



Item	Price	Calories per serving	Contains Allergens		May Contain Allergens	Other Properties	
Monday WK 1							
Hand Stretched Margherita Stromboli - 1 Serving		407Kcal	 WHEAT	 MILK			
Slow Cooked Spaghetti Bolognese - 1 Serving		498Kcal	 WHEAT	 CELERY	 MUSTARD	 SOYA	
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT		 MILK	 SOYA	 VEGETARIAN
Crispy Chicken Wrap with Spicy Salsa - 1 Serving		426Kcal	 WHEAT		 EGGS	 MILK	
Tuesday WK 1							
Pepperoni & Jalapeno Pizza - 1 Serving		259Kcal	 WHEAT	 MILK			
Spicy Arrabiata Pasta Pot - 1 Serving		289Kcal	 WHEAT	 SULPHITES			
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT		 MILK	 SOYA	 VEGETARIAN
Smoked Bockwurst With Curried Mayonnaise & Crispy Onion - 1 Serving		543Kcal	 WHEAT	 EGGS	 OATS, BARLEY, RYE	 MILK	
					 SOYA	 SULPHITES	
Wednesday WK 1							
Cajun Chicken Pizza - 1 Serving		242Kcal	 WHEAT	 MILK			
TUGO Mac N Cheese Pasta Pot - 1 Serving		451Kcal	 WHEAT	 MILK	 MUSTARD		
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT		 MILK	 SOYA	 VEGETARIAN
Hot Roast Gammon Baguette - 1 Serving		447Kcal	 WHEAT		 BARLEY	 SESAME	
Thursdsay WK 1							

Hawaiian Calzone - 1 Serving Spicy Meatball & Tomato Pasta Pot - 1 Serving Garlic Slice (each) - 1 Serving Hot Nachos topped with Beef Chilli, Jalapenos, Cheese - 1 Serving		436Kcal	 WHEAT	 MILK			
		327Kcal	 WHEAT	 EGGS	 SULPHITES		
		82Kcal	 WHEAT		 MILK	 SOYA	 VEGETARIAN
		435Kcal	 MILK				
Friday WK 1							
TUGO Meat Feast Pizza - 1 Serving TUGO Carbonara Pasta Pot - 1 Serving Garlic Slice (each) - 1 Serving Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		234Kcal	 WHEAT	 MILK	 CELERY		
		323Kcal	 WHEAT	 MILK	 SULPHITES		
		82Kcal	 WHEAT		 MILK	 SOYA	 VEGETARIAN
		369Kcal	 MILK				
		369Kcal	 MILK				
Monday WK 2							
TUGO Pepperoni Pizza - 1 Serving Caribbean Pasta Bake - 1 Serving Garlic Slice (each) - 1 Serving Crispy Chicken Wrap with Cool Mayo - 1 Serving		258Kcal	 WHEAT	 MILK			
		385Kcal	 WHEAT	 MILK	 MUSTARD	 SOYA	
		82Kcal	 WHEAT		 MILK	 SOYA	 VEGETARIAN
		473Kcal	 WHEAT	 EGGS	 MILK		
Tuesday WK 2							
Roasted Pepper & Red Onion Pizza - 1 Serving Tomato & Basil Pasta Pot - 1 Serving Garlic Slice (each) - 1 Serving		191Kcal	 WHEAT	 MILK			
		318Kcal	 WHEAT	 MILK			
		82Kcal	 WHEAT		 MILK	 SOYA	 VEGETARIAN

Nacho Pot with Guacomole, Salsa & Cheese - 1 Serving		491Kcal	 WHEAT  SULPHITES	 EGGS  MILK		 VEGETARIAN
Wednesday WK 2						
TUGO Spicy Beef Pizza - 1 Serving		212Kcal	 WHEAT	 MILK	 SOYA	
Mushroom Carbonara Pasta - 1 Serving		350Kcal	 WHEAT	 MILK	 MUSTARD	
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT		 MILK  SOYA	 VEGETARIAN
BBQ Roast Pork Bap with Melted Cheese - 1 Serving		433Kcal	 WHEAT	 MILK	 SOYA  SESAME	
Thursday WK 2						
Three Cheese Margherita Pizza - 1 Serving		199Kcal	 WHEAT	 MILK		
Creamy Chicken & Sweetcorn Pasta Bake - 1 Serving		589Kcal	 WHEAT	 MILK	 EGGS  MUSTARD  SOYA	
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT		 MILK  SOYA	 VEGETARIAN
Philly Cheese Burger - 1 Serving		620Kcal	 WHEAT  SOYA	 MILK  SULPHITES	 SESAME	
Friday WK 2						
TUGO BBQ Chicken Pizza - 1 Serving		208Kcal	 WHEAT, BARLEY  SOYA	 MILK	 CELERY	
Tuna & Sweetcorn Pasta - 1 Serving		440Kcal	 WHEAT	 MILK	 FISH	 EGGS  MUSTARD  SOYA
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT		 MILK  SOYA	 VEGETARIAN

Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		369Kcal	 MILK				
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving		369Kcal	 MILK				
Monday WK 3							
Three Cheese Margherita Pizza - 1 Serving		199Kcal	 WHEAT	 MILK			
Penne Pasta Bolognese - 1 Serving		474Kcal	 WHEAT	 CELERY	 MUSTARD	 SOYA	
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT		 MILK	 SOYA	 VEGETARIAN
Crispy Chicken Wrap with Sweet Chilli - 1 Serving		444Kcal	 WHEAT		 EGGS	 MILK	
Tuesday WK 3							
Pepperoni Sizzler Stromboli - 1 Serving		474Kcal	 WHEAT	 MILK			
TUGO Mac N Cheese Pasta Pot - 1 Serving		451Kcal	 WHEAT	 MILK	 MUSTARD		
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT		 MILK	 SOYA	 VEGETARIAN
Nacho Pot with Guacomole, Salsa & Cheese - 1 Serving		491Kcal	 WHEAT	 EGGS	 MILK		 VEGETARIAN
			 SULPHITES				
Wednesday WK 3							
Hand Stretched Margherita Calzone - 1 Serving		407Kcal	 WHEAT	 MILK			
Slow Roasted Tomato & Basil Pasta. - 1 Serving		415Kcal	 WHEAT	 MILK			
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT		 MILK	 SOYA	 VEGETARIAN
Build your own burrito - Beef - 1 Serving		504Kcal	 WHEAT				
Thursday WK 3							

Roasted Pepper, Pineapple & Sweetcorn Pizza - 1 Serving	188Kcal	WHEAT	MILK		
Spicy Arrabiata Pasta Pot - 1 Serving	289Kcal	WHEAT	SULPHITES		
Garlic Slice (each) - 1 Serving	82Kcal	WHEAT	MILK	SOYA	VEGETARIAN
Chicken Parmo Stack Burger - 1 Serving	495Kcal	WHEAT SESAME	MILK MUSTARD	EGGS SOYA	

Friday WK 3

Fajita Chicken Calzone - 1 Serving	463Kcal	WHEAT	MILK		
Neapolitan Tuna Pasta Bake - 1 Serving	342Kcal	WHEAT	FISH		
Garlic Slice (each) - 1 Serving	82Kcal	WHEAT	MILK	SOYA	VEGETARIAN
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	369Kcal	MILK			
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal	MILK			