

Menu

↳ Italian Kitchen 2025



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								
Hand Stretched Personal Margherita ...	1 Serving	206	470	1983	75	17	3.5	(B)
Hand Stretched Margherita Stromboli	1 Serving	231	495	2085	72	19	2.9	(A)
Moroccan Meatballs with Spiced Cou...	1 Serving	213	411	1728	56	19	7	(A)
Grilled Ranch Chicken In a Wrap (H)	1 Serving	172	384	1610	33	25	4.2	(B)
Grilled Ranch Chicken In a Wrap	1 Serving	172	375	1573	31	24	2.6	(A)
WK 1 Tue								
Tomato & Herb Pasta Bake	1 Serving	230	458	1930	65	19	7.4	(B)
Three Cheese Margherita Personal P...	1 Serving	206	489	2062	74	19	3.2	(C)
Three Cheese Margherita Pizza	1 Serving	160	363	1528	52	15	1.2	(B)
Roast Vegetable & Mozzarella Barch...	1 Serving	246	487	2053	76	17	4.1	(B)
WK 1 Wed								
Pepperoni Personal Pizza	1 Serving	221	538	2263	75	19	3.5	(C)
TUGO Pepperoni Pizza (Halal)	1 Serving	178	411	1730	53	17	1.5	(B)
TUGO Pepperoni Pizza	1 Serving	115	309	1295	31	11	1.3	(D)
Boxt Pepperonata Sauce	1 Serving	180	321	1361	63	11	5.8	(A)
Roast Pork & Stuffing Baguette	1 Serving	167	433	1824	51	33	2.9	(B)
Roast Chicken & Stuffing Baguette	1 Serving	177	383	1615	51	26	2.9	(B)
WK 1 Thur								
Ham, Pineapple & Sweetcorn Person...	1 Serving	241	501	2111	76	20	4.7	(B)
Ham, Pineapple & Sweetcorn Pizza	1 Serving	187	376	1583	54	17	2.2	(B)
Crispy Topped Mac & Cheese	1 Serving	319	740	3101	78	31	10	(C)
Cheesy Chilli Mixed Beans on Baked ...	1 Serving	255	487	2050	70	19	11	(B)
WK 1 Fri								

TUGO Carbonara Pasta Pot	1 Serving	180	396	1673	63	14	4.1	(B)
Meat Feast Personal Pizza	1 Serving	236	537	2259	75	22	3.6	(B)
Loaded Fries with Cheese, Bacon & S...	1 Serving	228	352	1477	37	14	1.9	(B)
TUGO Meat Feast Pizza	1 Serving	181	400	1683	53	18	1.6	(B)
Loaded Jacket with Cheese, Bacon & ...	1 Serving	325	369	1550	47	15	3.4	(B)
Sweet Chilli & Soy Glazed Vegetable ...	1 Serving	299	656	2754	88	17	18	(B)
Wild Wing Roulette.	1 Serving	200	381	1588	9.3	32	5.7	(C)
WK 2 Mon								
Chicken & Chorizo Pasta Pot	1 Serving	238	508	2137	65	27	5.7	(A)
Pepperoni Personal Pizza	1 Serving	221	538	2263	75	19	3.5	(C)
Crispy Beef & Cheese Burrito	1 Serving	184	419	1753	33	21	5.3	(C)
TUGO Pepperoni Pizza (Halal)	1 Serving	178	411	1730	53	17	1.5	(B)
TUGO Pepperoni Pizza	1 Serving	115	309	1295	31	11	1.3	(D)
WK 2 Tue								
Roasted Pepper & Red Onion Person...	1 Serving	246	484	2042	77	17	5.5	(B)
Roasted Pepper & Red Onion Pizza	1 Serving	200	367	1548	55	15	3.4	(B)
Salmon & Broccoli Pasta pot	1 Serving	209	330	1394	45	20	6.2	(A)
Jumbo Sausage in a Crusty Baguette ...	1 Serving	244	727	3041	74	23	7.2	(D)
WK 2 Wed								
Chicken Chilli Personal Pizza	1 Serving	246	503	2123	75	23	3.6	(B)
Chicken Chilli Pizza	1 Serving	190	380	1603	53	19	1.6	(B)
Mushroom Carbonara Pasta	1 Serving	289	517	2169	64	18	9	(B)
Roast Chicken & Stuffing Bap	1 Serving	177	340	1429	35	25	2.2	(A)
WK 2 Thur								
Three Cheese Margherita Personal P...	1 Serving	206	489	2062	74	19	3.2	(C)
Three Cheese Margherita Pizza	1 Serving	160	363	1528	52	15	1.2	(B)
Margherita Pasta Bake	1 Serving	254	540	2271	73	21	7.9	(B)
Crispy Korean Chicken Open Wrap wi...	1 Serving	171	328	1383	45	17	4.3	(B)

WK 2 Fri			-	-	-	-	-	-
Cajun Chicken Personal Pizza	1 Serving	236	510	2148	76	22	4.3	(B)
Cajun Chicken Pizza	1 Serving	190	393	1654	54	19	2.1	(B)
Neapolitan Tuna Pasta Bake	1 Serving	254	340	1440	53	27	6.3	(A)
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)
WK 3 Mon			-	-	-	-	-	-
Three Cheese Margherita Personal P...	1 Serving	206	489	2062	74	19	3.2	(C)
Three Cheese Margherita Pizza	1 Serving	160	363	1528	52	15	1.2	(B)
TUGO Ratatouille Pasta Pot	1 Serving	180	345	1459	65	12	7.3	(A)
Chargrilled Cheeseburger with Sauce...	1 Serving	218	621	2594	48	27	5	(D)
WK 3 Tue			-	-	-	-	-	-
Roasted Vegetable Personal Calzone	1 Serving	261	614	2575	76	17	4.1	(B)
Philly Cheese Steak Pasta Pot	1 Serving	218	432	1815	48	21	6.9	(B)
Buffalo Chicken & Mozzarella Garlic ...	1 Serving	196	453	1907	56	24	6.2	(B)
WK 3 Wed			-	-	-	-	-	-
Hand Stretched Personal Margherita ...	1 Serving	206	470	1983	75	17	3.5	(B)
Hand Stretched Margherita Stromboli	1 Serving	231	495	2085	72	19	2.9	(A)
Slow Roasted Tomato & Basil Pasta.	1 Serving	320	453	1899	56	14	8.4	(B)
Roast Chicken & Stuffing Baguette	1 Serving	177	383	1615	51	26	2.9	(B)
WK 3 Thur			-	-	-	-	-	-
Roasted Pepper, Pineapple & Sweetc...	1 Serving	246	488	2058	78	17	5.5	(B)
Roasted Pepper, Pineapple & Sweetc...	1 Serving	187	365	1539	55	14	2.7	(B)
Creamy Cajun Pasta Bake	1 Serving	322	645	2703	70	20	11	(C)
Indian chicken & Saffron Rice Burrito	1 Serving	162	295	1239	31	18	6	(B)
WK 3 Fri			-	-	-	-	-	-
Pepperoni & Roasted Red Onion Pers...	1 Serving	241	546	2298	76	20	4.6	(C)
Pepperoni & Roasted Red Onion Pizza	1 Serving	186	438	1839	53	17	1.8	(B)
Boxt Peperonata Sauce	1 Serving	180	321	1361	63	11	5.8	(A)

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

TOTALS:								
AVERAGES:	981	4126	58	19	4.5			