

Menu

↪ IK Oct 25



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g	Nutri-Score C
Wk 1 Mon			2367	9966	315	106.7	16.3	
Three Cheese Margherita Personal P...	1 Serving	206	489	2062	74	19	3.2	(C)
TUGO Mac N Cheese Pasta Pot	1 Serving	180	425	1790	62	16	3.1	(B)
Smoky Chicken & Pepper Chimichurr...	1 Serving	169	353	1481	30	23	2.4	(B)
Wk 1 Tue			3644	15365	545	153.7	39.3	
Chicken & Sweetcorn Personal Pizza	1 Serving	256	518	2186	75	30	3.8	(B)
BOXT Carbonara Pasta Pot	1 Serving	180	396	1673	63	14	4.1	(B)
Crispy Onion Bhaji with Beetroot Man...	1 Serving	144	285	1194	37	6.6	8.4	(C)
Roast Vegetable & Mozzarella Barch...	1 Serving	246	487	2053	76	17	4.1	(B)
Wk 1 Wed			3869	16334	593	185.8	54.1	
Hand Stretched Personal Margherita ...	1 Serving	206	468	1974	73	21	3.2	(B)
Boxt Pepperonata Sauce	1 Serving	180	321	1361	63	11	5.8	(A)
Mexican Chicken Hot Buddha Bowl	1 Serving	320	367	1550	53	20	6.3	(A)
Mexican Tofu Hot Buddha Bowl	1 Serving	313	369	1555	51	19	5.4	(A)
Wk 1 Thur			3623	15257	508	139.8	53.3	
Hot Honey Drizzle Pepperoni Person...	1 Serving	236	543	2283	75	22	9.9	(C)
BOXT Herby Tomato Sauce	1 Serving	180	343	1454	65	11	6.5	(A)
Creamy Cauli Mac 'n' Cheese 'n' Peas	1 Serving	270	373	1571	56	11	4	(B)
Turkish Beef Kofte Kebab with Tomat...	1 Serving	192	376	1577	33	20	3.9	(B)
Wk 1 Fri			4111	17193	408	158.7	29.7	
Loaded Fries with Cheese, Bacon & S...	1 Serving	228	352	1477	37	14	1.9	(B)
Chilli Loaded Fries	1 Serving	331	398	1668	44	20	3.5	(A)
Loaded Pizza Fries	1 Serving	270	471	1965	41	16	3.9	(C)
Louisiana Voodoo Fries	1 Serving	192	374	1560	35	9.2	1.7	(C)
Wk 2 Mon			3169	13354	489	119.3	45.1	
Chilli Cheese Personal Pizza	1 Serving	226	476	2005	75	17	3.7	(C)
BOXT Bolognese Pasta Pot	1 Serving	180	396	1673	66	17	6.8	(A)
BOXT Ratatouille Pasta Pot	1 Serving	180	345	1459	65	12	7.3	(A)
Katsu Chicken Wrap with Asian Slaw ...	1 Serving	180	424	1778	47	16	6.4	(B)
Wk 2 Tue			3443	14518	514	146.4	41	
Hawaiian Personal Calzone	1 Serving	236	470	1981	69	22	3.4	(C)
BOXT Herby Tomato Sauce	1 Serving	180	343	1454	65	11	6.5	(A)
3 Cheese Jalapeno Popper Baguette ...	1 Serving	185	474	1991	66	16	5.4	(C)
Danish Vegetable Meatball Marinara	1 Serving	195	432	1822	58	23	5.8	(B)
Wk 2 Wed			4487	18893	629	196.8	51.1	

Roasted Pepper & Red Onion Person...	1 Serving	246	482	2033	76	21	5.3	(B)
TUGO Mac N Cheese Pasta Pot	1 Serving	180	425	1790	62	16	3.1	(B)
Greek Chicken Hot Buddha Bowl	1 Serving	301	428	1803	57	20	6.6	(A)
Greek Tofu Hot Buddha Bowl	1 Serving	293	427	1793	54	19	4.3	(A)
Wk 2 Thur			3002	12662	451	123.2	44	
Chicken Chilli Personal Pizza	1 Serving	236	493	2079	75	21	3.6	(B)
BOXT Carbonara Pasta Pot	1 Serving	180	396	1673	63	14	4.1	(B)
Sticky Asian Chicken Meatball Banh Mi	1 Serving	234	482	2032	69	21	12	(B)
Wk 2 Fri			718	2995	67	17.7	3.3	
Louisiana Voodoo Fries	1 Serving	192	374	1560	35	9.2	1.7	(C)
Wk 3 Mon			2876	12133	420	143	44.3	
Three Cheese Margherita Personal P...	1 Serving	206	489	2062	74	19	3.2	(C)
Rich Italian Style Pasta Bolognese VE	1 Serving	288	321	1358	53	16	6.5	(A)
Sticky Korean Chicken Cheesy Melt	1 Serving	200	474	1995	58	29	9.5	(C)
Wk 3 Tue			3334	14062	499	157	45.3	
Meat Feast Personal Pizza	1 Serving	235	529	2231	73	26	3.3	(B)
Boxt Pepperonata Sauce	1 Serving	180	321	1361	63	11	5.8	(A)
Creamy Roast Tomato & Cannellini B...	1 Serving	245	349	1474	62	16	5.5	(A)
Buffalo Chicken Slider & Ranch Slaw	1 Serving	185	356	1495	34	20	7.4	(B)
Wk 3 Wed			4861	20482	691	214.9	77.3	
Chicken Chilli Personal Pizza	1 Serving	236	493	2079	75	21	3.6	(B)
TUGO Mac N Cheese Pasta Pot	1 Serving	180	425	1790	62	16	3.1	(B)
Planet-Powered Pea & Pesto Pasta	1 Serving	238	343	1442	48	11	3.7	(A)
Caribbean Jerk Chicken Hot Buddha ...	1 Serving	318	331	1397	45	18	7.7	(A)
Caribbean Jerk Tofu Hot Buddha Bow...	1 Serving	315	339	1427	46	17	9.5	(A)
Wk 3 Thur			6602	27739	824	254.2	65.3	
Pepperoni & Roasted Red Onion Pers...	1 Serving	241	524	2209	75	24	4.5	(B)
Boxt Meatball Marinara	1 Serving	180	366	1548	65	14	6.2	(A)
Jalapeno Nacho Dog with Cheese & S...	1 Serving	314	920	3844	83	29	8.2	(D)
Plant Based Chilli Cheese Quesadilla ...	1 Serving	309	581	2451	86	26	5.7	(A)
Wk 3 Fri			2643	11063	305	85.3	34.8	
Loaded Pizza Fries	1 Serving	270	471	1965	41	16	3.9	(C)
Nacho Loaded Fries	1 Serving	257	340	1426	40	12	3.6	(B)
Asian Loaded Fries (V)	1 Serving	213	234	986	43	5.4	7.1	(C)

TOTALS:	52750	222020	3171	941	279	
AVERAGES:	977	4111	59	17.4	5.2	