

Menu

↳ Italian Kitchen



| Name | Portion Name | Portion Size g | Label Energy kcal | Label Energy kJ | Label Carbohydrate g | Label Protein g | Label Sugars g | Nutri-Score |
|--|--------------|----------------|-------------------|-----------------|----------------------|-----------------|----------------|-------------|
| Week 1 Mon | | | | | | | | |
| Hand Stretched Margherita Calzone | 1 Serving | 231 | 495 | 2085 | 72 | 19 | 2.9 | (A) |
| Slow Cooked Pasta Bolognese. | 1 Serving | 274 | 467 | 1962 | 53 | 24 | 6.6 | (A) |
| Crispy Chicken Wrap with BBQ Sauce | 1 Serving | 186 | 436 | 1834 | 56 | 17 | 7.7 | (B) |
| Crispy Quorn Dipper Wrap with BBQ ... | 1 Serving | 178 | 355 | 1490 | 44 | 15 | 7.1 | (A) |
| Halal Crispy Chicken Wrap with BBQ ... | 1 Serving | 184 | 399 | 1676 | 51 | 13 | 7.7 | (C) |
| week 1 Tue | | | | | | | | |
| Three Cheese Margherita Personal P... | 1 Serving | 206 | 462 | 1946 | 67 | 21 | 2 | (C) |
| Three Cheese Margherita Pizza | 1 Serving | 97 | 215 | 903 | 24 | 10 | 0.9 | (B) |
| Spicy Mexican Vegetable Pasta | 1 Serving | 244 | 289 | 1224 | 56 | 9.5 | 7.4 | (A) |
| Bombay Pasty (V) | 1 Serving | 248 | 484 | 2027 | 54 | 14 | 4.5 | (B) |
| Week 1 Wed | | | | | | | | |
| Pepperoni Personal Pizza | 1 Serving | 221 | 510 | 2147 | 67 | 21 | 2.3 | (C) |
| TUGO Pepperoni Pizza | 1 Serving | 115 | 287 | 1199 | 24 | 12 | 1.1 | (D) |
| Four Cheese Tortellini with Tomato & ... | 1 Serving | 150 | 252 | 1062 | 39 | 8.6 | 4.2 | (B) |
| Roast Chicken & Stuffing Bap | 1 Serving | 177 | 340 | 1429 | 35 | 25 | 2.2 | (A) |
| Roast Pork & Stuffing Bap | 1 Serving | 167 | 390 | 1638 | 35 | 33 | 2.2 | (A) |
| Week 1 Thur | | | | | | | | |
| Ham, Pineapple & Sweetcorn Person... | 1 Serving | 241 | 473 | 1995 | 69 | 22 | 3.5 | (C) |
| Ham, Pineapple & Sweetcorn Pizza | 1 Serving | 123 | 228 | 957 | 26 | 11 | 1.9 | (B) |
| Mac & Cheese with Optional Hot Sauce | 1 Serving | 351 | 691 | 2893 | 70 | 29 | 12 | (B) |
| Sweet and Sour Battered Chicken wit... | 1 Serving | 242 | 452 | 1903 | 65 | 16 | 9.4 | (B) |
| Week 1 Fri | | | | | | | | |
| Meat Feast Personal Pizza | 1 Serving | 236 | 509 | 2143 | 67 | 24 | 2.4 | (C) |
| TUGO Meat Feast Pizza | 1 Serving | 118 | 252 | 1058 | 25 | 13 | 1.3 | (C) |
| Spaghetti Carbonara | 1 Serving | 304 | 619 | 2600 | 75 | 27 | 9.5 | (B) |
| 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) |
| Week 2 Mon | | | | | | | | |
| Pepperoni Personal Pizza | 1 Serving | 221 | 510 | 2147 | 67 | 21 | 2.3 | (C) |
| TUGO Pepperoni Pizza | 1 Serving | 115 | 287 | 1199 | 24 | 12 | 1.1 | (D) |
| Fajita Chicken & Sweetcorn Pasta Bake | 1 Serving | 252 | 544 | 2283 | 56 | 30 | 7.2 | (B) |
| Crispy Chicken Wrap with Cool Mayo | 1 Serving | 186 | 466 | 1952 | 51 | 17 | 3.2 | (B) |
| Halal Crispy Chicken Wrap with Cool ... | 1 Serving | 184 | 458 | 1917 | 46 | 16 | 3.7 | (B) |
| Crispy Quorn Dipper Wrap with Cool ... | 1 Serving | 178 | 384 | 1608 | 39 | 15 | 2.6 | (A) |
| Week 2 Tue | | | | | | | | |
| Roasted Pepper & Red Onion Person... | 1 Serving | 246 | 457 | 1927 | 70 | 19 | 4.3 | (C) |
| Roasted Pepper & Red Onion Pizza | 1 Serving | 137 | 220 | 922 | 27 | 9.5 | 3.1 | (B) |
| BBQ Pulled Pork Pasta | 1 Serving | 241 | 440 | 1857 | 50 | 35 | 4.1 | (A) |
| Tandoori Chicken & Lentil Kati Wrap ... | 1 Serving | 239 | 481 | 2023 | 62 | 20 | 5.4 | (A) |
| Week 2 Wed | | | | | | | | |

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| Chicken Chilli Personal Pizza | 1 Serving | 246 | 476 | 2007 | 68 | 25 | 2.4 | (C) |
| Chicken Chilli Pizza | 1 Serving | 127 | 233 | 978 | 25 | 14 | 1.3 | (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) |
| Week 2 Thur | | | - | - | - | - | - | |
| Three Cheese Margherita Personal P... | 1 Serving | 206 | 462 | 1946 | 67 | 21 | 2 | (C) |
| Three Cheese Margherita Pizza | 1 Serving | 97 | 215 | 903 | 24 | 10 | 0.9 | (B) |
| Tomato & Herb Pasta Bake | 1 Serving | 230 | 458 | 1930 | 65 | 19 | 7.4 | (B) |
| Sweet Chilli Glazed Sausage & Peppe... | 1 Serving | 274 | 730 | 3058 | 80 | 23 | 17 | (D) |
| Week 2 Fri | | | - | - | - | - | - | |
| Cajun Chicken Personal Pizza | 1 Serving | 236 | 482 | 2033 | 69 | 24 | 3.1 | (C) |
| Cajun Chicken Pizza | 1 Serving | 127 | 245 | 1029 | 26 | 14 | 1.9 | (B) |
| Tuna & Sweetcorn Pasta | 1 Serving | 178 | 440 | 1857 | 60 | 28 | 5.5 | (C) |
| 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) |
| Week 3 Mon | | | - | - | - | - | - | |
| Three Cheese Margherita Personal P... | 1 Serving | 206 | 462 | 1946 | 67 | 21 | 2 | (C) |
| Three Cheese Margherita Pizza | 1 Serving | 97 | 215 | 903 | 24 | 10 | 0.9 | (B) |
| Spaghetti Carbonara | 1 Serving | 304 | 619 | 2600 | 75 | 27 | 9.5 | (B) |
| Crispy Chicken Wrap with Peri Peri S... | 1 Serving | 186 | 431 | 1810 | 50 | 17 | 2.8 | (B) |
| Halal Crispy Chicken Wrap with Peri ... | 1 Serving | 184 | 394 | 1652 | 45 | 13 | 2.8 | (C) |
| Crispy Quorn Dipper Wrap with Peri P... | 1 Serving | 134 | 210 | 877 | 14 | 11 | 1.1 | (A) |
| Week 3 Tue | | | - | - | - | - | - | |
| Roasted Vegetable Personal Calzone | 1 Serving | 251 | 496 | 2089 | 69 | 19 | 2.8 | (C) |
| Macaroni Cheese | 1 Serving | 344 | 688 | 2884 | 70 | 29 | 12 | (B) |
| Mexican Pork & Bean Soft Taco, Red ... | 1 Serving | 314 | 689 | 2894 | 91 | 23 | 9.4 | (B) |
| Week 3 Wed | | | - | - | - | - | - | |
| Hand Stretched Personal Margherita ... | 1 Serving | 206 | 443 | 1868 | 67 | 19 | 2.3 | (C) |
| Slow Roasted Tomato & Basil Pasta. | 1 Serving | 320 | 453 | 1899 | 56 | 14 | 8.4 | (B) |
| Roast Chicken & Stuffing Bap | 1 Serving | 177 | 340 | 1429 | 35 | 25 | 2.2 | (A) |
| Week 3 Thur | | | - | - | - | - | - | |
| Roasted Pepper, Pineapple & Sweetc... | 1 Serving | 246 | 460 | 1942 | 70 | 19 | 4.3 | (C) |
| Roasted Pepper, Pineapple & Sweetc... | 1 Serving | 123 | 217 | 913 | 26 | 9.4 | 2.4 | (B) |
| Garlic Mushroom Stroganoff with Pa... | 1 Serving | 320 | 386 | 1624 | 55 | 12 | 6 | (A) |
| Chilli Cheese Dog with Choice of Sau... | 1 Serving | 279 | 746 | 3118 | 71 | 23 | 7.9 | (D) |
| Week 3 Fri | | | - | - | - | - | - | |
| Pepperoni & Roasted Red Onion Pers... | 1 Serving | 241 | 519 | 2182 | 69 | 22 | 3.4 | (C) |
| Pepperoni & Roasted Red Onion Pizza | 1 Serving | 123 | 290 | 1213 | 25 | 12 | 1.5 | (C) |
| 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) |

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| TOTALS: | | | | | | | |
| AVERAGES: | 966 | 4058 | 51 | 18.5 | 4.4 | | |