## Menu



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	В
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	0
week 1 Tue			-	-	-	-	-	
Three Cheese Margherita Personal P	1 Serving	206	462	1946	67	21	2	0
Three Cheese Margherita Pizza	1 Serving	97	215	903	24	10	0.9	В
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	В
Week 1 Wed			-	-	-	-	-	
Pepperoni Personal Pizza	1 Serving	221	510	2147	67	21	2.3	©
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	В
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	0
Ham, Pineapple & Sweetcorn Pizza	1 Serving	123	228	957	26	11	1.9	В
Mac & Cheese with Optional Hot Sauce	1 Serving	351	691	2893	70	29	12	В
Sweet and Sour Battered Chicken wit	1 Serving	242	452	1903	65	16	9.4	В
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	В
Loaded Jacket with Cheese, Bacon &	1 Serving	325	369	1550	47	15	3.4	В
Week 2 Mon	. Guitting	020	-	-	-	-	-	
Pepperoni Personal Pizza	1 Serving	221	510	2147	67	21	2.3	©
TUGO Pepperoni Pizza	1 Serving	115	287	1199	24	12	1.1	<b>(</b>
Fajita Chicken & Sweetcorn Pasta Bake	1 Serving	252	544	2283	56	30	7.2	В
Crispy Chicken Wrap with Cool Mayo			011	2200			7.2	
Crispy Cricken Wrap with Cool Mayo	1 Coming	104	166	1052	E1	17	2.2	(B)
11-1-10-1	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	В
Crispy Quorn Dipper Wrap with Cool			458 384	1917 1608	46 39	16 15	3.7 2.6	
Crispy Quorn Dipper Wrap with Cool Week 2 Tue	1 Serving	184	458 384	1917 1608	46 39 -	16 15	3.7 2.6	B A
Crispy Quorn Dipper Wrap with Cool  Week 2 Tue  Roasted Pepper & Red Onion Person	1 Serving 1 Serving	184 178 246	458 384 - 457	1917 1608 - 1927	46 39 - 70	16 15 - 19	3.7 2.6 - 4.3	(B) (A)
Crispy Quorn Dipper Wrap with Cool  Week 2 Tue  Roasted Pepper & Red Onion Person  Roasted Pepper & Red Onion Pizza	1 Serving 1 Serving 1 Serving 1 Serving	184 178 246	458 384 - 457 220	1917 1608 - 1927 922	46 39 - 70 27	16 15 - 19 9.5	3.7 2.6 - 4.3 3.1	B A C B
Crispy Quorn Dipper Wrap with Cool  Week 2 Tue  Roasted Pepper & Red Onion Person	1 Serving 1 Serving	184 178 246	458 384 - 457	1917 1608 - 1927	46 39 - 70	16 15 - 19	3.7 2.6 - 4.3	(a) (c)

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	В
Mushroom Carbonara Pasta	1 Serving	289	517	2169	64	18	9	В
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	В
Tomato & Herb Pasta Bake	1 Serving	230	458	1930	65	19	7.4	В
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	©
Cajun Chicken Pizza	1 Serving	127	245	1029	26	14	1.9	В
Tuna & Sweetcorn Pasta	1 Serving	178	440	1857	60	28	5.5	©
Loaded Fries with Cheese, Bacon & S	1 Serving	228	352	1477	37	14	1.9	В
Loaded Jacket with Cheese, Bacon &	1 Serving	325	369	1550	47	15	3.4	В
Week 3 Mon			-	-	-	-	-	
Three Cheese Margherita Personal P	1 Serving	206	462	1946	67	21	2	©
Three Cheese Margherita Pizza	1 Serving	97	215	903	24	10	0.9	В
Spaghetti Carbonara	1 Serving	304	619	2600	75	27	9.5	В
Crispy Chicken Wrap with Peri Peri S	1 Serving	186	431	1810	50	17	2.8	В
Halal Crispy Chicken Wrap with Peri	1 Serving	184	394	1652	45	13	2.8	©
Crispy Quorn Dipper Wrap with Peri P	1 Serving	134	210	877	14	11	1.1	A
Week 3 Tue			-	-	-	-	-	
Week 3 Tue  Roasted Vegetable Personal Calzone	1 Serving	251	496	2089	69	19	2.8	©
	1 Serving	251 344						В
Roasted Vegetable Personal Calzone			496	2089	69	19	2.8	
Roasted Vegetable Personal Calzone  Macaroni Cheese	1 Serving	344	496 688	2089	69 70	19 29	2.8	B B
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red	1 Serving	344	496 688 689	2089 2884 2894	69 70 91	19 29 23	2.8 12 9.4	B B
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red  Week 3 Wed	1 Serving	344	496 688 689	2089 2884 2894	69 70 91	19 29 23	2.8 12 9.4	B B C C B
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red  Week 3 Wed  Hand Stretched Personal Margherita	1 Serving 1 Serving	344 314 206	496 688 689 - 443	2089 2884 2894 - 1868	69 70 91 - 67	19 29 23 - 19	2.8 12 9.4 - 2.3	B B
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red  Week 3 Wed  Hand Stretched Personal Margherita  Slow Roasted Tomato & Basil Pasta.  Roast Chicken & Stuffing Bap  Week 3 Thur	1 Serving 1 Serving 1 Serving 1 Serving	344 314 206 320	496 688 689 - 443 453	2089 2884 2894 - 1868 1899	69 70 91 - 67 56	19 29 23 - 19	2.8 12 9.4 - 2.3 8.4	(C) (B) (A)
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red  Week 3 Wed  Hand Stretched Personal Margherita  Slow Roasted Tomato & Basil Pasta.  Roast Chicken & Stuffing Bap	1 Serving 1 Serving 1 Serving 1 Serving	344 314 206 320	496 688 689 - 443 453 340	2089 2884 2894 - 1868 1899 1429	69 70 91 - 67 56 35	19 29 23 - 19 14 25	2.8 12 9.4 - 2.3 8.4 2.2	B B C C A A C C
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red  Week 3 Wed  Hand Stretched Personal Margherita  Slow Roasted Tomato & Basil Pasta.  Roast Chicken & Stuffing Bap  Week 3 Thur	1 Serving 1 Serving 1 Serving 1 Serving 1 Serving	344 314 206 320 177	496 688 689 - 443 453 340	2089 2884 2894 - 1868 1899 1429	69 70 91 - 67 56 35	19 29 23 - 19 14 25 -	2.8 12 9.4 - 2.3 8.4 2.2	B B C C B B C C B B C C C B B C C C C C
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red  Week 3 Wed  Hand Stretched Personal Margherita  Slow Roasted Tomato & Basil Pasta.  Roast Chicken & Stuffing Bap  Week 3 Thur  Roasted Pepper, Pineapple & Sweetc	1 Serving 1 Serving 1 Serving 1 Serving 1 Serving 1 Serving	344 314 206 320 177	496 688 689 - 443 453 340 - 460	2089 2884 2894 - 1868 1899 1429 - 1942	69 70 91 - 67 56 35 - 70	19 29 23 - 19 14 25 - 19	2.8 12 9.4 - 2.3 8.4 2.2 - 4.3	B B B B B B B B B B B B B B B B B B B
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red  Week 3 Wed  Hand Stretched Personal Margherita  Slow Roasted Tomato & Basil Pasta.  Roast Chicken & Stuffing Bap  Week 3 Thur  Roasted Pepper, Pineapple & Sweetc  Roasted Pepper, Pineapple & Sweetc	1 Serving	344 314 206 320 177 246	496 688 689 - 443 453 340 - 460	2089 2884 2894 - 1868 1899 1429 - 1942 913	69 70 91 - 67 56 35 - 70 26	19 29 23 - 19 14 25 - 19 9.4	2.8 12 9.4 - 2.3 8.4 2.2 - 4.3 2.4	B B C C B B C C B B C C C B B C C C C C
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red  Week 3 Wed  Hand Stretched Personal Margherita  Slow Roasted Tomato & Basil Pasta.  Roast Chicken & Stuffing Bap  Week 3 Thur  Roasted Pepper, Pineapple & Sweetc  Roasted Pepper, Pineapple & Sweetc  Garlic Mushroom Stroganoff with Pa	1 Serving	344 314 206 320 177 246 123 320	496 688 689 - 443 453 340 - 460 217 386	2089 2884 2894 - 1868 1899 1429 - 1942 913 1624	69 70 91 - 67 56 35 - 70 26 55	19 29 23 - 19 14 25 - 19 9.4	2.8 12 9.4 - 2.3 8.4 2.2 - 4.3 2.4 6	B B B B B B B B B B B B B B B B B B B
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red  Week 3 Wed  Hand Stretched Personal Margherita  Slow Roasted Tomato & Basil Pasta.  Roast Chicken & Stuffing Bap  Week 3 Thur  Roasted Pepper, Pineapple & Sweetc  Roasted Pepper, Pineapple & Sweetc  Garlic Mushroom Stroganoff with Pa  Chilli Cheese Dog with Choice of Sau	1 Serving	344 314 206 320 177 246 123 320	496 688 689 - 443 453 340 - 460 217 386 746	2089 2884 2894 1868 1899 1429 1942 913 1624 3118	69 70 91 - 67 56 35 - 70 26 55 71	19 29 23 - 19 14 25 - 19 9.4 12 23	2.8 12 9.4 - 2.3 8.4 2.2 - 4.3 2.4 6 7.9	B B C C B A A D C C C C C C C C C C C C C C C C C
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red  Week 3 Wed  Hand Stretched Personal Margherita  Slow Roasted Tomato & Basil Pasta.  Roast Chicken & Stuffing Bap  Week 3 Thur  Roasted Pepper, Pineapple & Sweetc  Roasted Pepper, Pineapple & Sweetc  Garlic Mushroom Stroganoff with Pa  Chilli Cheese Dog with Choice of Sau  Week 3 Fri	1 Serving	344 314 206 320 177 246 123 320 279	496 688 689 - 443 453 340 - 460 217 386 746	2089 2884 2894 - 1868 1899 1429 - 1942 913 1624 3118	69 70 91 - 67 56 35 - 70 26 55 71	19 29 23 - 19 14 25 - 19 9.4 12 23 -	2.8 12 9.4 - 2.3 8.4 2.2 - 4.3 2.4 6 7.9	B B B C C B B A A C C C C C C C C C C C
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red  Week 3 Wed  Hand Stretched Personal Margherita  Slow Roasted Tomato & Basil Pasta.  Roast Chicken & Stuffing Bap  Week 3 Thur  Roasted Pepper, Pineapple & Sweetc  Garlic Mushroom Stroganoff with Pa  Chilli Cheese Dog with Choice of Sau  Week 3 Fri  Pepperoni & Roasted Red Onion Pers	1 Serving	344 314 206 320 177 246 123 320 279	496 688 689 - 443 453 340 - 460 217 386 746 -	2089 2884 2894 - 1868 1899 1429 - 1942 913 1624 3118 - 2182	69 70 91 - 67 56 35 - 70 26 55 71 - 69	19 29 23 - 19 14 25 - 19 9.4 12 23 - 22	2.8 12 9.4 - 2.3 8.4 2.2 - 4.3 2.4 6 7.9 - 3.4	B B B B B B B B B B B B B B B B B B B
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red  Week 3 Wed  Hand Stretched Personal Margherita  Slow Roasted Tomato & Basil Pasta.  Roast Chicken & Stuffing Bap  Week 3 Thur  Roasted Pepper, Pineapple & Sweetc  Garlic Mushroom Stroganoff with Pa  Chilli Cheese Dog with Choice of Sau  Week 3 Fri  Pepperoni & Roasted Red Onion Pers  Pepperoni & Roasted Red Onion Pizza	1 Serving	344 314 206 320 177 246 123 320 279 241 123	496 688 689 - 443 453 340 - 460 217 386 746 - 519	2089 2884 2894 1868 1899 1429 1942 913 1624 3118 2182 1213	69 70 91 - 67 56 35 - 70 26 55 71 - 69 25	19 29 23 - 19 14 25 - 19 9.4 12 23 - 22 12	2.8 12 9.4 - 2.3 8.4 2.2 - 4.3 2.4 6 7.9 - 3.4 1.5	B B B C C B B A A D C C C A B B B B B B B B B B B B B B B B
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red  Week 3 Wed  Hand Stretched Personal Margherita  Slow Roasted Tomato & Basil Pasta.  Roast Chicken & Stuffing Bap  Week 3 Thur  Roasted Pepper, Pineapple & Sweetc  Garlic Mushroom Stroganoff with Pa  Chilli Cheese Dog with Choice of Sau  Week 3 Fri  Pepperoni & Roasted Red Onion Pers  Pepperoni & Roasted Red Onion Pizza  Neapolitan Tuna Pasta Bake	1 Serving	344 314 206 320 177 246 123 320 279 241 123 254	496 688 689 - 443 453 340 - 460 217 386 746 - 519 290 340	2089 2884 2894 - 1868 1899 1429 - 1942 913 1624 3118 - 2182 1213 1440	69 70 91 - 67 56 35 - 70 26 55 71 - 69 25 53	19 29 23 - 19 14 25 - 19 9.4 12 23 - 22 12 27	2.8 12 9.4 - 2.3 8.4 2.2 - 4.3 2.4 6 7.9 - 3.4 1.5 6.3	B B B B B B B B B B B B B B B B B B B
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red  Week 3 Wed  Hand Stretched Personal Margherita  Slow Roasted Tomato & Basil Pasta.  Roast Chicken & Stuffing Bap  Week 3 Thur  Roasted Pepper, Pineapple & Sweetc  Garlic Mushroom Stroganoff with Pa  Chilli Cheese Dog with Choice of Sau  Week 3 Fri  Pepperoni & Roasted Red Onion Pers  Pepperoni & Roasted Red Onion Pizza  Neapolitan Tuna Pasta Bake  Loaded Fries with Cheese, Bacon & S	1 Serving	344 314 206 320 177 246 123 320 279 241 123 254 228	496 688 689 - 443 453 340 - 460 217 386 746 - 519 290 340 352	2089 2884 2894 1868 1899 1429 1942 913 1624 3118 2182 1213 1440 1477	69 70 91 - 67 56 35 - 70 26 55 71 - 69 25 53	19 29 23 - 19 14 25 - 19 9.4 12 23 - 22 12 27 14	2.8 12 9.4 - 2.3 8.4 2.2 - 4.3 2.4 6 7.9 - 3.4 1.5 6.3 1.9	B B B C C B B A A D C C C A B B B B B B B B B B B B B B B B
Roasted Vegetable Personal Calzone  Macaroni Cheese  Mexican Pork & Bean Soft Taco, Red  Week 3 Wed  Hand Stretched Personal Margherita  Slow Roasted Tomato & Basil Pasta.  Roast Chicken & Stuffing Bap  Week 3 Thur  Roasted Pepper, Pineapple & Sweetc  Garlic Mushroom Stroganoff with Pa  Chilli Cheese Dog with Choice of Sau  Week 3 Fri  Pepperoni & Roasted Red Onion Pers  Pepperoni & Roasted Red Onion Pizza  Neapolitan Tuna Pasta Bake  Loaded Fries with Cheese, Bacon & S	1 Serving	344 314 206 320 177 246 123 320 279 241 123 254 228	496 688 689 - 443 453 340 - 460 217 386 746 - 519 290 340 352	2089 2884 2894 1868 1899 1429 1942 913 1624 3118 2182 1213 1440 1477	69 70 91 - 67 56 35 - 70 26 55 71 - 69 25 53	19 29 23 - 19 14 25 - 19 9.4 12 23 - 22 12 27 14	2.8 12 9.4 - 2.3 8.4 2.2 - 4.3 2.4 6 7.9 - 3.4 1.5 6.3 1.9	B B B C C B B A A D C C C A B B B B B B B B B B B B B B B B