

Italian Kitchen 25

| Item | Price | Calories per serving | Contains Allergens | May Contain Allergens | Other Properties |
|--|-------|----------------------|---|--|---|
| Wk 1 Mon | | | | | |
| Three Cheese Margherita Personal Pizza - 1 Serving | | 489Kcal |  WHEAT  MILK |  SOYA | |
| Bang Bang Chicken with Pasta - 1 Serving | | 410Kcal |  WHEAT | | |
| Toasted Cheesy Garlic Chicken Wrap - 1 Serving | | 425Kcal |  WHEAT  EGGS  MILK | | |
| Wk 1 Tue | | | | | |
| Pepperoni Hot Personal Pizza - 1 Serving | | 514Kcal |  WHEAT  MILK | | |
| Mac & Cheese Pot - 1 Serving | | 688Kcal |  WHEAT  MILK |  MUSTARD  SOYA |  VEGETARIAN |
| Jamaican Beef Patty - 1 Serving | | 490Kcal |  WHEAT | |  VEGETARIAN  VEGAN |
| Wk 1 Wed | | | | | |
| Hand Stretched Personal Margherita Stromboli - 1 Serving | | 470Kcal |  WHEAT  MILK |  SOYA | |
| Boxt Pepperonata Sauce - 1 Serving | | 321Kcal |  WHEAT | | |
| Roast Pork & Stuffing Baguette - 1 Serving | | 433Kcal |  WHEAT |  BARLEY  SESAME | |
| Hot Roast Gammon Baguette - 1 Serving | | 368Kcal |  WHEAT |  BARLEY  SESAME | |
| Roast Chicken & Stuffing Baguette - 1 Serving | | 383Kcal |  WHEAT |  BARLEY  SESAME |  VEGETARIAN  VEGAN |

Wk 1 Thur

| | | | | | |
|---|---------|--|---|---|---|
| Meat Feast Personal Pizza - 1 Serving | 532Kcal |  WHEAT |  MILK |  SOYA | |
| Homemade Creamy Chicken & Leek with Pasta - 1 Serving | 470Kcal |  WHEAT |  MILK | | |
| Chargrilled Cheeseburger with Sauce Selection - 1 Serving | 609Kcal |  WHEAT |  MILK |  CELERY |  SESAME |

Wk 1 Fri

| | | | | | |
|---|---------|--|---|---|--|
| Roasted Pepper & Red Onion Personal Pizza - 1 Serving | 484Kcal |  WHEAT |  MILK |  SOYA | |
| Loaded Pizza Fries - 1 Serving | 422Kcal | |  MILK | | |

Wk 2 Mon

| | | | | | |
|---|---------|--|---|--|--|
| Three Cheese Margherita Personal Pizza - 1 Serving | 489Kcal |  WHEAT |  MILK |  SOYA | |
| Creamy Cajun Chicken Meatballs with Pasta - 1 Serving | 525Kcal |  WHEAT |  MILK | | |
| Taco Beef Baked Burrito - 1 Serving | 446Kcal |  WHEAT |  MILK | | |

Wk 2 Tue

| | | | | | |
|--|---------|--|---|---|--|
| Chicken & Sweetcorn Personal Pizza - 1 Serving | 498Kcal |  WHEAT |  MILK |  SOYA | |
| Sausage & Ham Carbonara - 1 Serving | 400Kcal |  WHEAT |  MILK |  SOYA |  SULPHITES |
| Hot Shot Chicken Parmo - 1 Serving | 479Kcal |  WHEAT |  MILK | |  SESAME |

Wk 2 Wed

| | | | | | |
|--|---------|--|---|---|--|
| Ham & Pineapple Personal Pizza - 1 Serving | 497Kcal |  WHEAT |  MILK |  SOYA | |
|--|---------|--|---|---|--|

| | | | | | |
|--|---------|---|---|---|--|
| TUGO Nepalese Curry Sauce - 1 Serving | 407Kcal |  WHEAT |  MILK | | |
| Wk 2 Thur | | | | | |
| Pepperoni Personal Pizza - 1 Serving | 538Kcal |  WHEAT |  MILK |  SOYA | |
| Margherita Pasta Bake - 1 Serving | 540Kcal |  WHEAT |  MILK |  SOYA | |
| Salt & Pepper Chicken Flatbread with Chip Shop Curry Sauce - 1 Serving | 269Kcal |  WHEAT |  MILK |  MUSTARD | |
| Wk 2 Fri | | | | | |
| Cajun Chicken Personal Pizza - 1 Serving | 510Kcal |  WHEAT |  MILK |  SOYA | |
| Loaded Pizza Fries - 1 Serving | 422Kcal |  MILK | | | |
| Wk 3 Mon | | | | | |
| Three Cheese Margherita Personal Pizza - 1 Serving | 489Kcal |  WHEAT |  MILK |  SOYA | |
| TUGO Ratatouille Pasta Pot - 1 Serving | 345Kcal |  WHEAT |  SULPHITES | | |
| Grilled Hunters BBQ Chicken Sub Roll - 1 Serving | 383Kcal |  WHEAT, BARLEY |  MILK |  CELERY |  SOYA |
| | | | |  SESAME | |
| Wk 3 Tue | | | | | |
| Roasted Vegetable Personal Calzone - 1 Serving | 614Kcal |  WHEAT |  MILK |  SOYA | |
| Summer Pesto Pasta & Garlic Slice - 1 Serving | 425Kcal |  WHEAT |  MILK |  MUSTARD |  VEGETARIAN |
| | | |  SOYA |  VEGAN | |
| Portuguese Chicken Tasca Flatbread - 1 Serving | 489Kcal |  WHEAT |  EGGS | | |
| | |  MILK | | | |

Wk 3 Wed

| | | | | | |
|--|---------|---|--|--|--|
| Hand Stretched Personal Margherita Stromboli - 1 Serving | 470Kcal |  WHEAT |  MILK |  SOYA | |
| BOXT Herby Tomato Sauce - 1 Serving | 343Kcal |  WHEAT | | | |

Wk 3 Thur

| | | | | | |
|--|---------|--|--|---|--|
| Pepperoni & Roasted Red Onion Personal Pizza - 1 Serving | 546Kcal |  WHEAT |  MILK |  SOYA | |
| TUGO Ham & Cheese Pasta Pot - 1 Serving | 455Kcal |  WHEAT  MUSTARD |  MILK | | |
| Choripan with Chimmichurri Salsa - 1 Serving | 524Kcal |  WHEAT, BARLEY |  MILK |  SESAME  SULPHITES | |

Wk 3 Fri

| | | | | | |
|--|---------|---|--|--|--|
| Roasted Pepper, Pineapple & Sweetcorn Personal Pizza - 1 Serving | 488Kcal |  WHEAT |  MILK |  SOYA | |
| Loaded Pizza Fries - 1 Serving | 422Kcal |  MILK | | | |