



































































Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Monday WK 1					
Hand Stretched Margherita Stromboli - 1 Serving		458Kcal	 WHEAT  MILK		
Slow Cooked Pasta Bolognese. - 1 Serving		467Kcal	 WHEAT	 MUSTARD  SOYA	
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT	 MILK  SOYA	 VEGETARIAN
Crispy Chicken Wrap with Spicy Salsa - 1 Serving		419Kcal	 WHEAT	 EGGS  MILK	
Crispy Quorn Dipper Wrap with Spicy Salsa - 1 Serving		338Kcal	 WHEAT		 VEGETARIAN  VEGAN
Tuesday WK 1					
Pepperoni & Jalapeno Pizza - 1 Serving		259Kcal	 WHEAT  MILK		
Spicy Mexican Pasta Pot - 1 Serving		289Kcal	 WHEAT  SULPHITES		
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT	 MILK  SOYA	 VEGETARIAN
Pizza Grilled Cheese - 1 Serving		299Kcal	 WHEAT  MILK	 OATS, BARLEY, RYE	
Wednesday WK 1					
Cajun Chicken Pizza - 1 Serving		242Kcal	 WHEAT  MILK		
Four Cheese Tortellini with Tomato & Basil Sauce - 1 Serving		252Kcal	 WHEAT  EGGS  MILK		 VEGETARIAN
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT	 MILK  SOYA	 VEGETARIAN
Vegetable Calzone - 1 Serving		556Kcal	 WHEAT  MILK		


















Thursday WK 1

Hawaiian Calzone - 1 Serving	482Kcal	 WHEAT  MILK		
Macaroni Cheese - 1 Serving	688Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 VEGETARIAN
Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT	 MILK  SOYA	 VEGETARIAN
Nacho Pot with Guacomole, Salsa & Cheese - 1 Serving	491Kcal	 WHEAT  EGGS  MILK  SULPHITES		 VEGETARIAN











Friday WK 1

TUGO Meat Feast Pizza - 1 Serving	234Kcal	 WHEAT  MILK  CELERY		
TUGO Carbonara Pasta Pot - 1 Serving	323Kcal	 WHEAT  MILK  SULPHITES		
Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT	 MILK  SOYA	 VEGETARIAN
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal	 MILK		
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal	 MILK		












Monday WK 2

TUGO Pepperoni Pizza - 1 Serving	258Kcal	 WHEAT  MILK		
Roasted Vegetable Lasagne - 1 Serving	347Kcal	 WHEAT  MILK	 EGGS  MUSTARD  SOYA	
Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT	 MILK  SOYA	 VEGETARIAN
Crispy Chicken Wrap with Cool Mayo - 1 Serving	466Kcal	 WHEAT  EGGS	 MILK	
Crispy Quorn Dipper Wrap with Cool Mayo - 1 Serving	384Kcal	 WHEAT  EGGS		 VEGETARIAN











Tuesday WK 2

Roasted Pepper & Red Onion Pizza - 1 Serving	191Kcal	 WHEAT	 MILK		
Tomato & Basil Pasta Pot - 1 Serving	318Kcal	 WHEAT	 MILK		
Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT		 MILK	 SOYA
Tomato, Pesto & mozzarella Grilled Cheese - 1 Serving	350Kcal	 WHEAT	 MILK		 OATS, BARLEY, RYE










Wednesday WK 2







TUGO Spicy Beef Pizza - 1 Serving	209Kcal	 WHEAT, BARLEY	 MILK		
Mushroom Carbonara Pasta - 1 Serving	517Kcal	 WHEAT	 MILK		
Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT		 MILK	 SOYA
BBQ Roast Pork Bap with Melted Cheese - 1 Serving	435Kcal	 WHEAT, BARLEY	 MILK	 CELERY	 SESAME

Thursday WK 2

















Three Cheese Margherita Pizza - 1 Serving	199Kcal	 WHEAT	 MILK		
Tomato & Herb Pasta Bake - 1 Serving	458Kcal	 WHEAT	 MILK		
Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT		 MILK	 SOYA
Spicy Chicken & Hash brown Stack - 1 Serving	475Kcal	 WHEAT	 CELERY	 SESAME	

Friday WK 2













TUGO BBQ Chicken Pizza - 1 Serving	208Kcal	 WHEAT, BARLEY	 MILK	 CELERY	
Tuna & Sweetcorn Pasta - 1 Serving	440Kcal	 WHEAT	 MILK	 FISH	 EGGS
					 MUSTARD
				 SOYA	

Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT	 MILK	 SOYA	 VEGETARIAN
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal	 MILK			
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal	 MILK			









Monday WK 3
































Three Cheese Margherita Pizza - 1 Serving	199Kcal	 WHEAT	 MILK		
Spaghetti Carbonara - 1 Serving	619Kcal	 WHEAT	 MILK	 MUSTARD	 SOYA
Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT	 MILK	 SOYA	 VEGETARIAN
Crispy Chicken Wrap with Sweet Chilli - 1 Serving	443Kcal	 WHEAT		 EGGS	 MILK
Crispy Quorn Dipper Wrap with Sweet Chilli - 1 Serving	362Kcal	 WHEAT			 VEGETARIAN  VEGAN

Tuesday WK 3

Pepperoni Sizzler Stromboli - 1 Serving	525Kcal	 WHEAT	 MILK		
Macaroni Cheese - 1 Serving	688Kcal	 WHEAT	 MILK	 MUSTARD	 SOYA
Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT	 MILK	 SOYA	 VEGETARIAN
Cheese & Tomato Stromboli - 1 Serving	458Kcal	 WHEAT	 MILK		

Wednesday WK 3

Hand Stretched Margherita Calzone - 1 Serving	458Kcal	 WHEAT	 MILK		
Slow Roasted Tomato & Basil Pasta. - 1 Serving	415Kcal	 WHEAT	 MILK		
Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT	 MILK	 SOYA	 VEGETARIAN

Cheeseburger with Sauce Selection - 1 Serving	621Kcal	 WHEAT  CELERY  EGGS  SESAME  MILK		
Thursday WK 3				
Roasted Pepper, Pineapple & Sweetcorn Pizza - 1 Serving	188Kcal	 WHEAT  MILK		
Italian Sausage & Tomato Pasta Bake - 1 Serving	742Kcal	 WHEAT  SULPHITES  MILK  SOYA		
Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT	 MILK  SOYA  VEGETARIAN	
Jumbo Hot Dog with Sauce Selection - 1 Serving	715Kcal	 WHEAT  SULPHITES  EGGS  SOYA  BARLEY  SESAME		
Friday WK 3				
Fajita Chicken Calzone - 1 Serving	500Kcal	 WHEAT  MILK		
Neapolitan Tuna Pasta Bake - 1 Serving	342Kcal	 WHEAT  FISH		
Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT	 MILK  SOYA  VEGETARIAN	
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal	 MILK		
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal	 MILK		