

# Menu

↳ Italian Kitchen



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g	Label Rating
Monday Week 1			1417	5961	190	60	14.7	
Hand Stretched Margherita Strombo	1 Serving	206	407	1718	67	15	2	3.00
Slow Cooked Spaghetti Bolognese	1 Serving	311	502	2113	66	26	8.7	-2.00
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5	10.00
Crispy Chicken Wrap with Spicy Sal	1 Serving	188	426	1789	49	17	3.5	0.00
Tuesday Week 1			1149	4821	137	46	14.4	
Pepperoni & Jalapeno Pizza	1 Serving	123	259	1084	24	9.4	1	10.00
Spicy Arabbiata Pasta Pot	1 Serving	244	289	1224	56	9.5	7.4	-1.00
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5	10.00
Dolce Cheddar Beef Burger	1 Serving	241	519	2172	49	25	5.5	10.00
Wednesday Week 1			1278	5383	172	68	10.2	
TUGO BBQ Chicken Pizza	1 Serving	116	201	845	26	9.2	2.2	2.00
TUGO Mac N Cheese Pasta Pot	1 Serving	160	352	1479	48	14	2.4	3.00
Cheesy Flatbread	1 Serving	95	280	1177	32	13	1.3	10.00
Hot Roast Gammon Baguette	1 Serving	250	445	1882	66	32	4.3	1.00
Thursday Week 1			1512	6364	213	53	18.7	
Hawaiian Calzone	1 Serving	255	446	1884	69	20	4.7	3.00
Spicy Meatball & Tomato Pasta Pot	1 Serving	210	354	1492	56	14	9.3	-1.00
Dough Balls	1 Serving	99	210	888	33	7.5	0.5	4.00
Hot Topped Nacho Pot with Salsa, S	1 Serving	150	502	2100	55	11	4.2	9.00
Friday Week 1			1338	5617	166	51	11.3	
TUGO Meat Feast Pizza	1 Serving	110	204	857	24	8.4	1.2	3.00
TUGO Carbonara Pasta Pot	1 Serving	160	323	1362	49	12	3.4	3.00
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5	10.00
Loaded Jacket with Cheese, Bacon i	1 Serving	325	369	1550	47	15	3.4	-1.00
Loaded Fries with Cheese, Bacon &	1 Serving	242	360	1507	38	14	2.8	1.00
Monday Week 2			1327	5572	161	43	14.3	
Pepperoni & Jalapeno Pizza	1 Serving	123	259	1084	24	9.4	1	10.00
Caribbean Pasta Bake	1 Serving	232	385	1619	55	9.5	9.8	4.00
Dough Balls	1 Serving	99	210	888	33	7.5	0.5	4.00
Crispy Chicken Wrap with Cool May	1 Serving	188	473	1981	49	17	3	3.00
Tuesday Week 2			973	4098	144	41	14	
Three Cheese Margherita Pizza	1 Serving	97	199	834	24	8.7	0.8	1.00
Tomato & Basil Pasta Pot	1 Serving	175	318	1344	51	13	7.7	0.00
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5	10.00
Falafel Burger	1 Serving	209	374	1579	61	17	5	-2.00
Wednesday Week 2			1742	7314	206	75	13.2	
Piri Piri Chicken Calzone Pizza	1 Serving	256	464	1959	67	28	2.4	2.00
Mushroom Carbonara Pasta	1 Serving	182	350	1470	47	13	2.4	2.00
Cheesy Flatbread	1 Serving	95	280	1177	32	13	1.3	10.00
Jumbo Hot Dog with Sauce Selectio	1 Serving	239	648	2708	60	21	7.1	14.00
Thursday Week 2			1283	5379	141	48	11.4	
Vegetable Supreme Pizza	6 Serving	108	181	760	24	6.4	1.2	1.00

Pepperoni Pasta Bake	1 Serving	220	494	2070	58	16	8.8	5.00
Dough Balls	1 Serving	99	210	888	33	7.5	0.5	4.00
Smothered Roasties with Pulled Chi	1 Serving	243	398	1661	26	18	0.9	-4.00
Friday Week 2			1487	6251	189	69	16.6	
BBQ Chicken Flatbread Pizza	1 Serving	119	233	981	36	8.3	4.4	5.00
Tuna & Sweetcorn Pasta	1 Serving	178	443	1872	60	30	5.5	3.00
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5	10.00
Loaded Jacket with Cheese, Bacon &	1 Serving	325	369	1550	47	15	3.4	-1.00
Loaded Fries with Cheese, Bacon &	1 Serving	242	360	1507	38	14	2.8	1.00
Monday Week 3			1327	5577	164	57	16.7	
Three Cheese Margherita Pizza	1 Serving	97	199	834	24	8.7	0.8	1.00
Penne Pasta Bolognese	1 Serving	258	474	1990	53	24	7.1	-1.00
Dough Balls	1 Serving	99	210	888	33	7.5	0.5	4.00
Crispy Chicken Wrap with Sweet Ch	1 Serving	188	444	1865	54	17	8.3	2.00
Tuesday Week 3			1399	5861	163	49	11.4	
Pepperoni Sizzler Stromboli	1 Serving	230	474	1993	67	18	2.1	5.00
TUGO Mac N Cheese Pasta Pot	1 Serving	160	352	1479	48	14	2.4	3.00
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5	10.00
Nacho Pot with Guacomole, Salsa &	1 Serving	201	491	2048	40	15	6.4	10.00
Wednesday Week 3			1381	5810	182	59	17.2	
TUGO Spicy Beef Pizza	1 Serving	109	194	817	25	8	1.7	2.00
Slow Roasted Tomato & pesto Pasta	1 Serving	320	415	1743	56	10	8.1	1.00
Cheesy Flatbread	1 Serving	95	280	1177	32	13	1.3	10.00
BBQ Pulled Pork Baguette	1 Serving	237	492	2073	69	28	6.1	-1.00
Thursday Week 3			1161	4888	158	50	19.2	
Roasted Pepper, Pineapple & Sweet	1 Serving	123	188	791	26	6.5	2.4	0.00
Arabiatta Vegetables Pasta Pot	1 Serving	225	330	1390	54	9.6	8.8	-1.00
Dough Balls	1 Serving	99	210	888	33	7.5	0.5	4.00
Cajun Chicken Burger with Sour Cre	1 Serving	226	433	1819	45	26	7.5	0.00
Friday Week 3			1620	6824	213	88	15.5	
Fajita Chicken Calzone	1 Serving	256	463	1957	67	28	2.3	2.00
Neapolitan Tuna Pasta Bake	1 Serving	254	346	1469	53	29	6.5	-3.00
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5	10.00
Loaded Jacket with Cheese, Bacon &	1 Serving	325	369	1550	47	15	3.4	-1.00
Loaded Fries with Cheese, Bacon &	1 Serving	242	360	1507	38	14	2.8	1.00
TOTALS:								
AVERAGES:			325	1367	26.2	8.2	1.9	