

# Menu

↳ Italian Kitchen 24



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g
Monday WK 1			1764	7410	223	73	16.8
Hand Stretched Margherita Strombo	1 Serving	231	458	1929	72	15	2.7
Slow Cooked Pasta Bolognese.	1 Serving	274	467	1962	53	24	6.6
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5
Crispy Chicken Wrap with Spicy Sal	1 Serving	186	419	1761	51	17	3.8
Crispy Quorn Dipper Wrap with Spic	1 Serving	178	338	1417	39	15	3.2
Tuesday WK 1			929	3906	128	29	14.3
Pepperoni & Jalapeno Pizza	1 Serving	123	259	1084	24	9.4	1
Spicy Mexican Pasta Pot	1 Serving	244	289	1224	56	9.5	7.4
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5
Pizza Grilled Cheese	1 Serving	151	299	1257	40	8.1	5.4
Wednesday WK 1			1132	4757	146	41	10.1
Cajun Chicken Pizza	1 Serving	147	242	1018	26	14	2.2
Four Cheese Tortellini with Tomato &	1 Serving	150	252	1062	39	8.6	4.2
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5
Vegetable Calzone	1 Serving	281	556	2336	73	16	3.2
Thursday WK 1			1743	7305	191	64	22.6
Hawaiian Calzone	1 Serving	260	482	2032	73	18	3.7
Macaroni Cheese	1 Serving	344	688	2884	70	29	12
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5
Nacho Pot with Guacomole, Salsa &	1 Serving	201	491	2048	40	15	6.4
Friday WK 1			1360	5710	166	54	10.4
TUGO Meat Feast Pizza	1 Serving	122	234	980	25	11	1.2
TUGO Carbonara Pasta Pot	1 Serving	160	323	1362	49	12	3.4
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5
Loaded Jacket with Cheese, Bacon &	1 Serving	325	369	1550	47	15	3.4
Loaded Fries with Cheese, Bacon &	1 Serving	228	352	1477	37	14	1.9
Monday WK 2			1537	6441	177	57	15.4
TUGO Pepperoni Pizza	1 Serving	115	258	1078	24	9.4	0.9
Roasted Vegetable Lasagne	1 Serving	238	347	1462	55	14	8.2
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5
Crispy Chicken Wrap with Cool May	1 Serving	186	466	1952	51	17	3.2
Crispy Quorn Dipper Wrap with Coo	1 Serving	178	384	1608	39	15	2.6
Tuesday WK 2			941	3951	126	29.8	17.2
Roasted Pepper & Red Onion Pizza	1 Serving	137	191	801	26	6.6	2.9
Tomato & Basil Pasta Pot	1 Serving	175	318	1344	51	13	7.7
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5
Tomato, Pesto & mozzarella Grilled (	1 Serving	175	350	1465	41	8.2	6.1
Wednesday WK 2			1243	5217	135	64	15.9
TUGO Spicy Beef Pizza	1 Serving	122	209	879	26	9.1	1.1
Mushroom Carbonara Pasta	1 Serving	289	517	2169	64	18	9
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5
BBQ Roast Pork Bap with Melted Ch	1 Serving	187	435	1828	37	35	5.3

Thursday WK 2			1214	5102	159	47	13.5
Three Cheese Margherita Pizza	1 Serving	97	199	834	24	8.7	0.8
Tomato & Herb Pasta Bake	1 Serving	230	458	1930	65	19	7.4
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5
Spicy Chicken & Hash brown Stack	1 Serving	231	475	1997	62	17	4.8
Friday WK 2			1451	6101	179	69	14
TUGO BBQ Chicken Pizza	1 Serving	122	208	876	27	10	2.7
Tuna & Sweetcorn Pasta	1 Serving	178	440	1857	60	28	5.5
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5
Loaded Fries with Cheese, Bacon &	1 Serving	228	352	1477	37	14	1.9
Loaded Jacket with Cheese, Bacon &	1 Serving	325	369	1550	47	15	3.4
Monday WK 3			1705	7157	209	70	28.8
Three Cheese Margherita Pizza	1 Serving	97	199	834	24	8.7	0.8
Spaghetti Carbonara	1 Serving	304	619	2600	75	27	9.5
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5
Crispy Chicken Wrap with Sweet Ch	1 Serving	186	443	1863	57	17	9.3
Crispy Quorn Dipper Wrap with Swe	1 Serving	178	362	1519	45	15	8.7
Tuesday WK 3			1753	7359	222	64	17.9
Pepperoni Sizzler Stromboli	1 Serving	255	525	2205	72	18	2.7
Macaroni Cheese	1 Serving	344	688	2884	70	29	12
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5
Cheese & Tomato Stromboli	1 Serving	231	458	1929	72	15	2.7
Wednesday WK 3			1576	6606	184	54	16.3
Hand Stretched Margherita Calzone	1 Serving	231	458	1929	72	15	2.7
Slow Roasted Tomato & Basil Pasta.	1 Serving	320	415	1743	56	10	8.1
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5
Cheeseburger with Sauce Selection	1 Serving	218	621	2593	48	27	5
Thursday WK 3			1727	7227	176	61	17.5
Roasted Pepper, Pineapple & Sweet	1 Serving	123	188	792	26	6.6	2.2
Italian Sausage & Tomato Pasta Bak	1 Serving	284	742	3104	72	29	7.1
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5
Jumbo Hot Dog with Sauce Selectio	1 Serving	254	715	2990	70	23	7.7
Friday WK 3			1645	6923	217	82	15.4
Fajita Chicken Calzone	1 Serving	271	500	2106	72	24	3
Neapolitan Tuna Pasta Bake	1 Serving	254	342	1449	53	27	6.6
Garlic Slice (each)	1 Serving	24	82	341	7.9	2	0.5
Loaded Fries with Cheese, Bacon &	1 Serving	228	352	1477	37	14	1.9
Loaded Jacket with Cheese, Bacon &	1 Serving	325	369	1550	47	15	3.4
TOTALS:							
AVERAGES:			722	3034	39.9	13	3.7