






































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		489 Kcal	 WHEAT  MILK	 SOYA	
Bang Bang Chicken with Pasta - 1 Serving		410 Kcal	 WHEAT		
Toasted Cheesy Garlic Chicken Wrap - 1 Serving		425 Kcal	 WHEAT  EGGS  MILK		
Wk 1 Tue					
Pepperoni Hot Personal Pizza - 1 Serving		514 Kcal	 WHEAT  MILK		
Mac & Cheese Pot - 1 Serving		688 Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 VEGETARIAN
Jamaican Beef Patty - 1 Serving		490 Kcal	 WHEAT		 VEGETARIAN  VEGAN
Wk 1 Wed					
Hand Stretched Personal Margherita Stromboli - 1 Serving		470 Kcal	 WHEAT  MILK	 SOYA	
Boxt Pepperonata Sauce - 1 Serving		321 Kcal	 WHEAT		
Roast Pork & Stuffing Baguette - 1 Serving		433 Kcal	 WHEAT	 BARLEY  SESAME	
Hot Roast Gammon Baguette - 1 Serving		368 Kcal	 WHEAT	 BARLEY  SESAME	
Roast Chicken & Stuffing Baguette - 1 Serving		383 Kcal	 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	
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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  MUSTARD	 MILK		
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  CELERY  SOYA	 MILK	 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  SOYA	 VEGETARIAN  VEGAN
Portuguese Chicken Tasca Flatbread - 1 Serving		489Kcal	 WHEAT  MILK	 EGGS		





Wk 3 Wed

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

Wk 3 Thur

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

Wk 3 Fri

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