

IK Oct 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	
TUGO Mac N Cheese Pasta Pot - 1 Serving		425Kcal	 WHEAT  MILK  MUSTARD		
Smoky Chicken & Pepper Chimichurri Taco Roll - 1 Serving		353Kcal	 WHEAT  MILK		
Wk 1 Tue					
Chicken & Sweetcorn Personal Pizza - 1 Serving		518Kcal	 WHEAT  MILK	 SOYA	
BOXT Carbonara Pasta Pot - 1 Serving		396Kcal	 WHEAT  MILK  SULPHITES		
Crispy Onion Bhaji with Beetroot Mango Slaw in a Beetroot Wrap - 1 Serving		285Kcal	 WHEAT	 MUSTARD  SULPHITES	 VEGETARIAN  VEGAN
Roast Vegetable & Mozzarella Barchette Di Pizza - 1 Serving		487Kcal	 WHEAT  MILK	 SOYA	

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Wk 1 Wed					
Hand Stretched Personal Margherita Stromboli - 1 Serving		468Kcal	 WHEAT  MILK	 SOYA	
Boxt Pepperonata Sauce - 1 Serving		321Kcal	 WHEAT		
Mexican Chicken Hot Buddha Bowl - 1 Serving		367Kcal			
Mexican Tofu Hot Buddha Bowl - 1 Serving		369Kcal	 SOYA		 VEGETARIAN  VEGAN
Wk 1 Thur					
Hot Honey Drizzle Pepperoni Personal Pizza - 1 Serving		543Kcal	 WHEAT  MILK		
BOXT Herby Tomato Sauce - 1 Serving		343Kcal	 WHEAT		
Creamy Cauli Mac 'n' Cheese 'n' Peas - 1 Serving		373Kcal	 WHEAT	 MUSTARD  SOYA	 VEGETARIAN  VEGAN
Turkish Beef Kofte Kebab with Tomato Salad & Chilli Sauce - 1 Serving		376Kcal	 WHEAT	 MILK  SOYA	
Wk 1 Fri					
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		352Kcal	 MILK		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chilli Loaded Fries - 1 Serving		398 Kcal		 WHEAT	
Loaded Pizza Fries - 1 Serving		471 Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	
Louisiana Voodoo Fries - 1 Serving		374 Kcal	 MILK  MUSTARD  SULPHITES		 VEGETARIAN
Wk 2 Mon					
Chilli Cheese Personal Pizza - 1 Serving		476 Kcal	 WHEAT  MILK	 SOYA	
BOXT Bolognese Pasta Pot - 1 Serving		396 Kcal	 WHEAT		
BOXT Ratatouille Pasta Pot - 1 Serving		345 Kcal	 WHEAT  SULPHITES		
Katsu Chicken Wrap with Asian Slaw & Curried Mayo - 1 Serving		424 Kcal	 WHEAT  EGGS		
Wk 2 Tue					
Hawaiian Personal Calzone - 1 Serving		470 Kcal	 WHEAT  MILK		
BOXT Herby Tomato Sauce - 1 Serving		343 Kcal	 WHEAT		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
3 Cheese Jalapeno Popper Baguette Topped with Nachos & Salsa - 1 Serving		474 Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Danish Vegetable Meatball Marinara - 1 Serving		432 Kcal	 WHEAT  MILK  SOYA	 BARLEY  SESAME	
Wk 2 Wed					
Roasted Pepper & Red Onion Personal Pizza - 1 Serving		482 Kcal	 WHEAT  MILK	 SOYA	
TUGO Mac N Cheese Pasta Pot - 1 Serving		425 Kcal	 WHEAT  MILK  MUSTARD		
Greek Chicken Hot Buddha Bowl - 1 Serving		428 Kcal	 WHEAT  EGGS  MILK	 SOYA	
Greek Tofu Hot Buddha Bowl - 1 Serving		427 Kcal	 WHEAT  EGGS  MILK  SOYA		 VEGETARIAN
Wk 2 Thur					
Chicken Chilli Personal Pizza - 1 Serving		493 Kcal	 WHEAT  MILK	 SOYA	

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
BOXT Carbonara Pasta Pot - 1 Serving		396 Kcal	 WHEAT  MILK  SULPHITES		
Sticky Asian Chicken Meatball Banh Mi - 1 Serving		482 Kcal	 WHEAT  SOYA	 BARLEY  SESAME	
Wk 2 Fri					
Louisiana Voodoo Fries - 1 Serving		374 Kcal	 MILK  MUSTARD  SULPHITES		 VEGETARIAN
Wk 3 Mon					
Three Cheese Margherita Personal Pizza - 1 Serving		489 Kcal	 WHEAT  MILK	 SOYA	
Rich Italian Style Pasta Bolognese VE - 1 Serving		321 Kcal	 WHEAT  SOYA	 MUSTARD	 VEGETARIAN  VEGAN
Sticky Korean Chicken Cheesy Melt - 1 Serving		474 Kcal	 WHEAT  MILK  SOYA	 BARLEY  SESAME	
Wk 3 Tue					
Meat Feast Personal Pizza - 1 Serving		529 Kcal	 WHEAT  MILK	 SOYA	

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Boxt Pepperonata Sauce - 1 Serving		321 Kcal	 WHEAT		
Creamy Roast Tomato & Cannellini Bean Pasta - 1 Serving		349 Kcal	 WHEAT	 MUSTARD  SOYA	 VEGETARIAN  VEGAN
Buffalo Chicken Slider & Ranch Slaw - 1 Serving		356 Kcal	 WHEAT  EGGS  MILK  MUSTARD	 SESAME	
Wk 3 Wed					
Chicken Chilli Personal Pizza - 1 Serving		493 Kcal	 WHEAT  MILK	 SOYA	
TUGO Mac N Cheese Pasta Pot - 1 Serving		425 Kcal	 WHEAT  MILK  MUSTARD		
Planet-Powered Pea & Pesto Pasta - 1 Serving		343 Kcal	 WHEAT	 MUSTARD  SOYA	 VEGETARIAN  VEGAN
Caribbean Jerk Chicken Hot Buddha Bowl with Rice & Peas - 1 Serving		331 Kcal			
Caribbean Jerk Tofu Hot Buddha Bowl with Rice & Peas - 1 Serving		339 Kcal	 MUSTARD  SOYA		 VEGETARIAN
Wk 3 Thur					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Pepperoni & Roasted Red Onion Personal Pizza - 1 Serving		524Kcal	 WHEAT  MILK	 EGGS  CELERY  MUSTARD  SOYA	
Boxt Meatball Marinara - 1 Serving		366Kcal	 WHEAT, BARLEY  EGGS  SULPHITES		
Jalapeno Nacho Dog with Cheese & Salsa - 1 Serving		920Kcal	 WHEAT  EGGS  MILK  MUSTARD  SOYA  SULPHITES	 BARLEY  SESAME	
Plant Based Chilli Cheese Quesadilla & Steamed Rice - 1 Serving		581Kcal	 WHEAT  MILK  SOYA		 VEGETARIAN
Wk 3 Fri					
Loaded Pizza Fries - 1 Serving		471Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	
Nacho Loaded Fries - 1 Serving		340Kcal	 MILK		 VEGETARIAN

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Asian Loaded Fries (V) - 1 Serving		234Kcal	 SOYA		 VEGETARIAN  VEGAN