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Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>WK 1 Mon</b>					
Hand Stretched Personal Margherita Stromboli - 1 Serving		<b>470</b> Kcal	 WHEAT  MILK	 SOYA	
Hand Stretched Margherita Stromboli - 1 Serving		<b>495</b> Kcal	 WHEAT  MILK		
Moroccan Meatballs with Spiced Cous Cous - 1 Serving		<b>411</b> Kcal	 WHEAT	 MUSTARD  SOYA	
Grilled Ranch Chicken In a Wrap (H) - 1 Serving		<b>384</b> Kcal	 WHEAT  MUSTARD  SULPHITES		
Grilled Ranch Chicken In a Wrap - 1 Serving		<b>375</b> Kcal	 WHEAT  MUSTARD  SULPHITES		
<b>WK 1 Tue</b>					
Tomato & Herb Pasta Bake - 1 Serving		<b>458</b> Kcal	 WHEAT  MILK		
Three Cheese Margherita Personal Pizza - 1 Serving		<b>489</b> Kcal	 WHEAT  MILK	 SOYA	
Three Cheese Margherita Pizza - 1 Serving		<b>363</b> Kcal	 WHEAT  MILK	 SOYA	
Tomato & Herb Pasta Bake - 1 Serving		<b>458</b> Kcal	 WHEAT  MILK		
Roast Vegetable & Mozzarella Barchette Di Pizza - 1 Serving		<b>487</b> Kcal	 WHEAT  MILK	 SOYA	
<b>WK 1 Wed</b>					
Pepperoni Personal Pizza - 1 Serving		<b>538</b> Kcal	 WHEAT  MILK	 SOYA	
TUGO Pepperoni Pizza (Halal) - 1 Serving		<b>411</b> Kcal	 WHEAT  MILK	 EGGS  CELERY  MUSTARD  SOYA	
TUGO Pepperoni Pizza - 1 Serving		<b>309</b> Kcal	 WHEAT  MILK	 SOYA	

Boxt Pepperonata Sauce - 1 Serving	321Kcal	 WHEAT		
Roast Pork & Stuffing Baguette - 1 Serving	433Kcal	 WHEAT	 BARLEY	 SESAME
Roast Chicken & Stuffing Baguette - 1 Serving	383Kcal	 WHEAT	 BARLEY	 SESAME
				 VEGETARIAN
				 VEGAN

WK 1 Thur





















Ham, Pineapple & Sweetcorn Personal Pizza - 1 Serving	501Kcal	 WHEAT	 MILK	 SOYA	
Ham, Pineapple & Sweetcorn Pizza - 1 Serving	376Kcal	 WHEAT	 MILK	 SOYA	
Crispy Topped Mac & Cheese - 1 Serving	740Kcal	 WHEAT	 MILK	 MUSTARD	 SOYA
Cheesy Chilli Mixed Beans on Baked Garlic Baguette - 1 Serving	487Kcal	 WHEAT, BARLEY	 MILK	 CELERY	 SESAME
		 SOYA			 VEGETARIAN

WK 1 Fri

Meat Feast Personal Pizza - 1 Serving	537Kcal	 WHEAT	 MILK	 SOYA	
TUGO Carbonara Pasta Pot - 1 Serving	396Kcal	 WHEAT	 MILK	 SULPHITES	
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal		 MILK		
TUGO Meat Feast Pizza - 1 Serving	400Kcal	 WHEAT	 MILK	 CELERY	 SOYA
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal		 MILK		
TUGO Carbonara Pasta Pot - 1 Serving	396Kcal	 WHEAT	 MILK	 SULPHITES	
Sweet Chilli & Soy Glazed Vegetable & Noodle Stir Fry & Spring Rolls - 1 Serving	656Kcal	 WHEAT	 SOYA		
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal		 MILK		

Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal	 MILK		
Wild Wing Roulette. - 1 Serving	381Kcal			







**WK 2 Mon**

Pepperoni Personal Pizza - 1 Serving	538Kcal	 WHEAT	 MILK	 SOYA	
Chicken & Chorizo Pasta Pot - 1 Serving	508Kcal	 WHEAT		 MILK	 SOYA
Crispy Beef & Cheese Burrito - 1 Serving	419Kcal	 WHEAT	 MILK		
TUGO Pepperoni Pizza (Halal) - 1 Serving	411Kcal	 WHEAT	 MILK	 EGGS	 CELERY
TUGO Pepperoni Pizza - 1 Serving	309Kcal	 WHEAT	 MILK	 SOYA	
Chicken & Chorizo Pasta Pot - 1 Serving	508Kcal	 WHEAT		 MILK	 SOYA
Crispy Beef & Cheese Burrito - 1 Serving	419Kcal	 WHEAT	 MILK		

**WK 2 Tue**














Roasted Pepper & Red Onion Personal Pizza - 1 Serving	484Kcal	 WHEAT	 MILK	 SOYA	
Roasted Pepper & Red Onion Pizza - 1 Serving	367Kcal	 WHEAT	 MILK	 SOYA	
Salmon & Broccoli Pasta pot - 1 Serving	330Kcal	 WHEAT	 MILK	 FISH	 MUSTARD
Jumbo Sausage in a Crusty Baguette with Sticky onions - 1 Serving	727Kcal	 WHEAT	 SOYA	 SULPHITES	 BARLEY
				 SESAME	

**WK 2 Wed**

Chicken Chilli Personal Pizza - 1 Serving	503Kcal	 WHEAT	 MILK	 SOYA	
Chicken Chilli Pizza - 1 Serving	380Kcal	 WHEAT	 MILK	 SOYA	

Mushroom Carbonara Pasta - 1 Serving	517Kcal	 WHEAT	 MILK		
Roast Chicken & Stuffing Bap - 1 Serving	340Kcal	 WHEAT		 SESAME	 VEGETARIAN  VEGAN






WK 2 Thur












































Three Cheese Margherita Personal Pizza - 1 Serving	489Kcal	 WHEAT	 MILK	 SOYA	
Three Cheese Margherita Pizza - 1 Serving	363Kcal	 WHEAT	 MILK	 SOYA	
Margherita Pasta Bake - 1 Serving	540Kcal	 WHEAT	 MILK	 SOYA	
Crispy Korean Chicken Open Wrap with Kimchi Slaw - 1 Serving	328Kcal	 WHEAT	 MILK	 SOYA	 OATS, BARLEY, RYE




WK 2 Fri

Cajun Chicken Personal Pizza - 1 Serving	510Kcal	 WHEAT	 MILK	 SOYA	
Cajun Chicken Pizza - 1 Serving	393Kcal	 WHEAT	 MILK	 SOYA	
Neapolitan Tuna Pasta Bake - 1 Serving	340Kcal	 WHEAT	 FISH		
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal		 MILK		
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal		 MILK		

WK 3 Mon

Three Cheese Margherita Personal Pizza - 1 Serving	489Kcal	 WHEAT	 MILK	 SOYA	
Three Cheese Margherita Pizza - 1 Serving	363Kcal	 WHEAT	 MILK	 SOYA	
TUGO Ratatouille Pasta Pot - 1 Serving	345Kcal	 WHEAT	 SULPHITES		

Chargrilled Cheeseburger with Sauce Selection - 1 Serving	621Kcal	 WHEAT  CELERY  EGGS  SESAME  MILK		
<b>WK 3 Tue</b>				
Roasted Vegetable Personal Calzone - 1 Serving	614Kcal	 WHEAT  MILK  SOYA		
Philly Cheese Steak Pasta Pot - 1 Serving	432Kcal	 WHEAT  MILK		
Buffalo Chicken & Mozzarella Garlic Torpedo - 1 Serving	453Kcal	 WHEAT  MILK  BARLEY  SESAME		
<b>WK 3 Wed</b>				
Hand Stretched Personal Margherita Stromboli - 1 Serving	470Kcal	 WHEAT  MILK  SOYA		
Hand Stretched Margherita Stromboli - 1 Serving	495Kcal	 WHEAT  MILK		
Slow Roasted Tomato & Basil Pasta. - 1 Serving	453Kcal	 WHEAT  MILK		
Roast Chicken & Stuffing Baguette - 1 Serving	383Kcal	 WHEAT  BARLEY  SESAME	 VEGETARIAN  VEGAN	
<b>WK 3 Thur</b>				
Roasted Pepper, Pineapple & Sweetcorn Personal Pizza - 1 Serving	488Kcal	 WHEAT  MILK  SOYA		
Roasted Pepper, Pineapple & Sweetcorn Pizza - 1 Serving	365Kcal	 WHEAT  MILK  SOYA		
Creamy Cajun Pasta Bake - 1 Serving	645Kcal	 WHEAT  MILK		
Indian chicken & Saffron Rice Burrito - 1 Serving	295Kcal	 WHEAT  MILK  MUSTARD		
<b>WK 3 Fri</b>				
Pepperoni & Roasted Red Onion Personal Pizza - 1 Serving	546Kcal	 WHEAT  MILK  SOYA		
Pepperoni & Roasted Red Onion Pizza - 1 Serving	438Kcal	 WHEAT  MILK  SOYA		

Boxt Pepperonata Sauce - 1 Serving	321 Kcal	 WHEAT		
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352 Kcal	 MILK		
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369 Kcal	 MILK		