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Week 1 Mon					
Hand Stretched Margherita Calzone - 1 Serving		495 Kcal	 WHEAT  MILK		
Slow Cooked Pasta Bolognese. - 1 Serving		467 Kcal	 WHEAT	 MUSTARD  SOYA	
Crispy Chicken Wrap with BBQ Sauce - 1 Serving		436 Kcal	 WHEAT, BARLEY  CELERY  SOYA	 EGGS  MILK	
Crispy Quorn Dipper Wrap with BBQ Sauce - 1 Serving		355 Kcal	 WHEAT, BARLEY  CELERY  SOYA		 VEGETARIAN  VEGAN
Halal Crispy Chicken Wrap with BBQ Sauce - 1 Serving		399 Kcal	 WHEAT, BARLEY  CELERY  SOYA		
week 1 Tue					
Three Cheese Margherita Personal Pizza - 1 Serving		462 Kcal	 WHEAT  MILK		
Three Cheese Margherita Pizza - 1 Serving		215 Kcal	 WHEAT  MILK		
Spicy Mexican Vegetable Pasta - 1 Serving		289 Kcal	 WHEAT  SULPHITES		
Bombay Pasty (V) - 1 Serving		484 Kcal	 WHEAT  SULPHITES		 VEGETARIAN  VEGAN
Week 1 Wed					
Pepperoni Personal Pizza - 1 Serving		510 Kcal	 WHEAT  MILK		
TUGO Pepperoni Pizza - 1 Serving		287 Kcal	 WHEAT  MILK		
Four Cheese Tortellini with Tomato & Basil Sauce - 1 Serving		252 Kcal	 WHEAT  EGGS  MILK		 VEGETARIAN

Roast Chicken & Stuffing Bap - 1 Serving	340Kcal	 WHEAT	 SESAME	 VEGETARIAN  VEGAN
Roast Pork & Stuffing Bap - 1 Serving	390Kcal	 WHEAT	 SESAME	







Week 1 Thur






Ham, Pineapple & Sweetcorn Personal Pizza - 1 Serving	473Kcal	 WHEAT	 MILK		
Ham, Pineapple & Sweetcorn Pizza - 1 Serving	228Kcal	 WHEAT	 MILK		
Mac & Cheese with Optional Hot Sauce - 1 Serving	691Kcal	 WHEAT	 MILK	 MUSTARD	 SOYA  VEGETARIAN
Sweet and Sour Battered Chicken with Fried rice. - 1 Serving	452Kcal	 WHEAT	 MILK	 OATS, BARLEY, RYE	 SOYA

Week 1 Fri










Meat Feast Personal Pizza - 1 Serving	509Kcal	 WHEAT	 MILK		
TUGO Meat Feast Pizza - 1 Serving	252Kcal	 WHEAT	 MILK	 CELERY	
Spaghetti Carbonara - 1 Serving	619Kcal	 WHEAT	 MILK	 MUSTARD	 SOYA
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal		 MILK		
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal		 MILK		

Week 2 Mon











Pepperoni Personal Pizza - 1 Serving	510Kcal	 WHEAT	 MILK		
TUGO Pepperoni Pizza - 1 Serving	287Kcal	 WHEAT	 MILK		
Fajita Chicken & Sweetcorn Pasta Bake - 1 Serving	544Kcal	 WHEAT	 MILK		
Crispy Chicken Wrap with Cool Mayo - 1 Serving	466Kcal	 WHEAT	 EGGS	 MILK	

Halal Crispy Chicken Wrap with Cool Mayo - 1 Serving	458Kcal	 WHEAT	 EGGS		
Crispy Quorn Dipper Wrap with Cool Mayo - 1 Serving	384Kcal	 WHEAT	 EGGS		 VEGETARIAN












Week 2 Tue

Roasted Pepper & Red Onion Personal Pizza - 1 Serving	457Kcal	 WHEAT	 MILK		
Roasted Pepper & Red Onion Pizza - 1 Serving	220Kcal	 WHEAT	 MILK		
BBQ Pulled Pork Pasta - 1 Serving	440Kcal	 WHEAT	 SOYA		
Tandoori Chicken & Lentil Kati Wrap with Indian Slaw & Mint Yoghurt - 1 Serving	481Kcal	 WHEAT	 EGGS	 MILK	



Week 2 Wed











Chicken Chilli Personal Pizza - 1 Serving	476Kcal	 WHEAT	 MILK		
Chicken Chilli Pizza - 1 Serving	233Kcal	 WHEAT	 MILK		
Mushroom Carbonara Pasta - 1 Serving	517Kcal	 WHEAT	 MILK		
Roast Chicken & Stuffing Bap - 1 Serving	340Kcal	 WHEAT		 SESAME	 VEGETARIAN  VEGAN

Week 2 Thur


Three Cheese Margherita Personal Pizza - 1 Serving	462Kcal	 WHEAT	 MILK		
Three Cheese Margherita Pizza - 1 Serving	215Kcal	 WHEAT	 MILK		
Tomato & Herb Pasta Bake - 1 Serving	458Kcal	 WHEAT	 MILK		
Sweet Chilli Glazed Sausage & Peppers in a Sub Roll - 1 Serving	730Kcal	 WHEAT	 SOYA	 SULPHITES	 BARLEY  SESAME

Week 2 Fri









Cajun Chicken Personal Pizza - 1 Serving	482Kcal	 WHEAT	 MILK		
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Cajun Chicken Pizza - 1 Serving	245Kcal	 WHEAT	 MILK		
Tuna & Sweetcorn Pasta - 1 Serving	440Kcal	 WHEAT	 MILK	 FISH	 EGGS  MUSTARD  SOYA
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	352Kcal		 MILK		
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal		 MILK		





Week 3 Mon




























Three Cheese Margherita Personal Pizza - 1 Serving	462Kcal	 WHEAT	 MILK		
Three Cheese Margherita Pizza - 1 Serving	215Kcal	 WHEAT	 MILK		
Spaghetti Carbonara - 1 Serving	619Kcal	 WHEAT	 MILK	 MUSTARD	 SOYA
Crispy Chicken Wrap with Peri Peri Sauce - 1 Serving	431Kcal	 WHEAT		 EGGS	 MILK
Halal Crispy Chicken Wrap with Peri Peri Sauce - 1 Serving	394Kcal	 WHEAT	 CELERY		
Crispy Quorn Dipper Wrap with Peri Peri Sauce - 1 Serving	210Kcal	 WHEAT			 VEGETARIAN  VEGAN

Week 3 Tue

Roasted Vegetable Personal Calzone - 1 Serving	496Kcal	 WHEAT	 MILK		
Macaroni Cheese - 1 Serving	688Kcal	 WHEAT	 MILK	 MUSTARD	 SOYA  VEGETARIAN
Mexican Pork & Bean Soft Taco, Red Slaw & Rice - 1 Serving	689Kcal	 WHEAT			

Week 3 Wed

Hand Stretched Personal Margherita Stromboli - 1 Serving	443Kcal	 WHEAT	 MILK		
Slow Roasted Tomato & Basil Pasta. - 1 Serving	453Kcal	 WHEAT	 MILK		

Roast Chicken & Stuffing Bap - 1 Serving	340Kcal	 WHEAT	 SESAME	 VEGETARIAN  VEGAN
Week 3 Thur				
Roasted Pepper, Pineapple & Sweetcorn Personal Pizza - 1 Serving	460Kcal	 WHEAT	 MILK	
Roasted Pepper, Pineapple & Sweetcorn Pizza - 1 Serving	217Kcal	 WHEAT	 MILK	
Garlic Mushroom Stroganoff with Pasta - 1 Serving	386Kcal	 WHEAT	 SULPHITES	 VEGETARIAN  VEGAN
Chilli Cheese Dog with Choice of Sauces - 1 Serving	746Kcal	 WHEAT  SOYA	 EGGS  SULPHITES	 MILK  BARLEY  SESAME
Week 3 Fri				
Pepperoni & Roasted Red Onion Personal Pizza - 1 Serving	519Kcal	 WHEAT	 MILK	
Pepperoni & Roasted Red Onion Pizza - 1 Serving	290Kcal	 WHEAT	 MILK	
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	