

# Italian Kitchen

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>Monday Week 1</b>					
Hand Stretched Margherita Stromboli - 1 Serving		407Kcal	 WHEAT  MILK		
Slow Cooked Spaghetti Bolognese - 1 Serving		502Kcal	 WHEAT  CELERY		
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT	 MILK  SOYA	
Crispy Chicken Wrap with Spicy Salsa - 1 Serving		426Kcal	 WHEAT	 EGGS  MILK	
<b>Tuesday Week 1</b>					
Pepperoni & Jalapeno Pizza - 1 Serving		259Kcal	 WHEAT  MILK		
Spicy Arabbiata Pasta Pot - 1 Serving		289Kcal	 WHEAT  SULPHITES		
Garlic Slice (each) - 1 Serving		82Kcal	 WHEAT	 MILK  SOYA	
Dolce Cheddar Beef Burger - 1 Serving		519Kcal	 WHEAT  SOYA	 MILK  SULPHITES  SESAME	
<b>Wednesday Week 1</b>					
TUGO BBQ Chicken Pizza - 1 Serving		201Kcal	 WHEAT, BARLEY  SOYA	 MILK  CELERY	
TUGO Mac N Cheese Pasta Pot - 1 Serving		352Kcal	 WHEAT	 MILK  MUSTARD	

Cheesy Flatbread - 1 Serving	280Kcal	WHEAT	MILK		
Hot Roast Gammon Baguette - 1 Serving	445Kcal	WHEAT		BARLEY	SESAME
<b>Thursday Week 1</b>					
Hawaiian Calzone - 1 Serving	446Kcal	WHEAT	MILK		
Spicy Meatball & Tomato Pasta Pot - 1 Serving	354Kcal	WHEAT	EGGS	SULPHITES	
Dough Balls - 1 Serving	210Kcal	WHEAT	MILK		
Hot Topped Nacho Pot with Salsa, Sour Cream & Cheese - 1 Serving	502Kcal		MILK		
<b>Friday Week 1</b>					
TUGO Meat Feast Pizza - 1 Serving	204Kcal	WHEAT	MILK	CELERY	
TUGO Carbonara Pasta Pot - 1 Serving	323Kcal	WHEAT	MILK	SULPHITES	
Garlic Slice (each) - 1 Serving	82Kcal	WHEAT		MILK	SOYA
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal		MILK		
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	360Kcal		MILK		
<b>Monday Week 2</b>					
Pepperoni & Jalapeno Pizza - 1 Serving	259Kcal	WHEAT	MILK		
Caribbean Pasta Bake - 1 Serving	385Kcal	WHEAT	MILK		
Dough Balls - 1 Serving	210Kcal	WHEAT	MILK		

Crispy Chicken Wrap with Cool Mayo - 1 Serving	473Kcal	WHEAT	EGGS	MILK		
<b>Tuesday Week 2</b>						
Three Cheese Margherita Pizza - 1 Serving	199Kcal	WHEAT	MILK			
Tomato & Basil Pasta Pot - 1 Serving	318Kcal	WHEAT	MILK			
Garlic Slice (each) - 1 Serving	82Kcal	WHEAT		MILK	SOYA	
Falafel Burger - 1 Serving	374Kcal	WHEAT	SESAME			
<b>Wednesday Week 2</b>						
Piri Piri Chicken Calzone Pizza - 1 Serving	464Kcal	WHEAT	MILK			
Mushroom Carbonara Pasta - 1 Serving	350Kcal	WHEAT	MILK	MUSTARD		
Cheesy Flatbread - 1 Serving	280Kcal	WHEAT	MILK			
Jumbo Hot Dog with Sauce Selection - 1 Serving	648Kcal	WHEAT	EGGS	SOYA	OATS, BARLEY, RYE	MILK
<b>Thursday Week 2</b>						
Vegetable Supreme Pizza - 6 Serving	181Kcal	WHEAT	MILK			
Pepperoni Pasta Bake - 1 Serving	494Kcal	WHEAT	MILK			
Dough Balls - 1 Serving	210Kcal	WHEAT	MILK			
Smothered Roasties with Pulled Chicken & Gravy - 1 Serving	398Kcal					
<b>Friday Week 2</b>						

BBQ Chicken Flatbread Pizza - 1 Serving	233Kcal	 WHEAT, BARLEY  SOYA  MILK  CELERY		
Tuna & Sweetcorn Pasta - 1 Serving	443Kcal	 WHEAT  MILK  FISH		
Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT	 MILK  SOYA	
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal	 MILK		
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	360Kcal	 MILK		

### Monday Week 3

Three Cheese Margherita Pizza - 1 Serving	199Kcal	 WHEAT  MILK		
Penne Pasta Bolognese - 1 Serving	474Kcal	 WHEAT  CELERY		
Dough Balls - 1 Serving	210Kcal	 WHEAT  MILK		
Crispy Chicken Wrap with Sweet Chilli - 1 Serving	444Kcal	 WHEAT	 EGGS  MILK	

### Tuesday Week 3

Pepperoni Sizzler Stromboli - 1 Serving	474Kcal	 WHEAT  MILK		
TUGO Mac N Cheese Pasta Pot - 1 Serving	352Kcal	 WHEAT  MILK  MUSTARD		
Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT	 MILK  SOYA	
Nacho Pot with Guacomole, Salsa & Cheese - 1 Serving	491Kcal	 WHEAT  SULPHITES  EGGS  MILK		

### Wednesday Week 3

TUGO Spicy Beef Pizza - 1 Serving	194Kcal	 WHEAT	 MILK	 SOYA		
Slow Roasted Tomato & pesto Pasta. - 1 Serving	415Kcal	 WHEAT	 MILK			
Cheesy Flatbread - 1 Serving	280Kcal	 WHEAT	 MILK			
BBQ Pulled Pork Baguette - 1 Serving	492Kcal	 WHEAT	 SOYA		 BARLEY	 SESAME

### Thursday Week 3

Roasted Pepper, Pineapple & Sweetcorn Pizza - 1 Serving	188Kcal	 WHEAT	 MILK			
Arabiatta Vegetables Pasta Pot - 1 Serving	330Kcal	 WHEAT	 SULPHITES			
Dough Balls - 1 Serving	210Kcal	 WHEAT	 MILK			
Cajun Chicken Burger with Sour Cream, Jalapeno and Crisp Lettuce in a Soft Bap - 1 Serving	433Kcal	 WHEAT	 EGGS	 MILK		
		 MUSTARD	 SESAME			

### Friday Week 3

Fajita Chicken Calzone - 1 Serving	463Kcal	 WHEAT	 MILK			
Neapolitan Tuna Pasta Bake - 1 Serving	346Kcal	 WHEAT	 FISH			
Garlic Slice (each) - 1 Serving	82Kcal	 WHEAT		 MILK	 SOYA	
Loaded Jacket with Cheese, Bacon & Salsa - 1 Serving	369Kcal		 MILK			
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving	360Kcal		 MILK			