

# Menu

↳ Italian Kitchen 25



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g	Nutri-Score
<b>Wk 1 Mon</b>								
Three Cheese Margherita Personal P...	1 Serving	206	489	2062	74	19	3.2	C
Bang Bang Chicken with Pasta	1 Serving	203	410	1729	59	22	9.3	B
Toasted Cheesy Garlic Chicken Wrap	1 Serving	177	425	1779	31	27	2.1	C
<b>Wk 1 Tue</b>								
Pepperoni Hot Personal Pizza	1 Serving	233	514	2163	71	21	6.2	C
Mac & Cheese Pot	1 Serving	344	688	2884	70	29	12	B
Jamaican Beef Patty	1 Serving	153	490	2043	34	18	1	D
<b>Wk 1 Wed</b>								
Hand Stretched Personal Margherita ...	1 Serving	206	470	1983	75	17	3.5	B
Boxt Peperonata Sauce	1 Serving	180	321	1361	63	11	5.8	A
Roast Pork & Stuffing Baguette	1 Serving	167	433	1824	51	33	2.9	B
Hot Roast Gammon Baguette	1 Serving	192	368	1558	54	27	5.9	C
Roast Chicken & Stuffing Baguette	1 Serving	177	383	1615	51	26	2.9	B
<b>Wk 1 Thur</b>								
Meat Feast Personal Pizza	1 Serving	235	532	2241	75	22	3.6	B
Homemade Creamy Chicken & Leek ...	1 Serving	200	470	1983	67	27	4.4	B
Chargrilled Cheeseburger with Sauce...	1 Serving	212	609	2544	47	27	4.5	D
<b>Wk 1 Fri</b>								
Roasted Pepper & Red Onion Person...	1 Serving	246	484	2042	77	17	5.5	B
Loaded Pizza Fries	1 Serving	255	422	1765	40	13	3.7	C
<b>Wk 2 Mon</b>								
Three Cheese Margherita Personal P...	1 Serving	206	489	2062	74	19	3.2	C
Creamy Cajun Chicken Meatballs wit...	1 Serving	265	525	2210	73	22	6.7	B

<b>Taco Beef Baked Burrito</b>	1 Serving	187	446	1867	39	20	4.8	(C)
Wk 2 Tue								
<b>Chicken &amp; Sweetcorn Personal Pizza</b>	1 Serving	236	498	2099	75	21	3.7	(B)
<b>Sausage &amp; Ham Carbonara</b>	1 Serving	200	400	1682	48	20	3.4	(C)
<b>Hot Shot Chicken Parmo</b>	1 Serving	225	479	2009	55	21	6.1	(B)
Wk 2 Wed								
<b>Ham &amp; Pineapple Personal Pizza</b>	1 Serving	236	497	2097	76	20	4.6	(B)
<b>TUGO Nepalese Curry Sauce</b>	1 Serving	180	407	1715	65	13	8.8	(B)
Wk 2 Thur								
<b>Pepperoni Personal Pizza</b>	1 Serving	221	538	2263	75	19	3.5	(C)
<b>Margherita Pasta Bake</b>	1 Serving	254	540	2271	73	21	7.9	(B)
<b>Salt &amp; Pepper Chicken Flatbread with...</b>	1 Serving	185	269	1133	33	21	2.9	(A)
Wk 2 Fri								
<b>Cajun Chicken Personal Pizza</b>	1 Serving	236	510	2148	76	22	4.3	(B)
<b>Loaded Pizza Fries</b>	1 Serving	255	422	1765	40	13	3.7	(C)
Wk 3 Mon								
<b>Three Cheese Margherita Personal P...</b>	1 Serving	206	489	2062	74	19	3.2	(C)
<b>TUGO Ratatouille Pasta Pot</b>	1 Serving	180	345	1459	65	12	7.3	(A)
<b>Grilled Hunters BBQ Chicken Sub Roll</b>	1 Serving	190	383	1619	56	26	8.1	(B)
Wk 3 Tue								
<b>Roasted Vegetable Personal Calzone</b>	1 Serving	261	614	2575	76	17	4.1	(B)
<b>Summer Pesto Pasta &amp; Garlic Slice</b>	1 Serving	262	425	1783	56	13	4.2	(A)
<b>Portuguese Chicken Tasca Flatbread</b>	1 Serving	265	489	2064	69	27	3.7	(B)
Wk 3 Wed								
<b>Hand Stretched Personal Margherita ...</b>	1 Serving	206	470	1983	75	17	3.5	(B)
<b>BOXT Herby Tomato Sauce</b>	1 Serving	180	343	1454	65	11	6.5	(A)
Wk 3 Thur								
<b>Pepperoni &amp; Roasted Red Onion Pers...</b>	1 Serving	241	546	2298	76	20	4.6	(C)
<b>TUGO Ham &amp; Cheese Pasta Pot</b>	1 Serving	210	455	1916	64	21	3.4	(C)

<b>Choripan with Chimmichurri Salsa</b>	<b>1 Serving</b>	<b>161</b>	<b>524</b>	<b>2191</b>	<b>52</b>	<b>17</b>	<b>3.7</b>	<b>(D)</b>
<b>Wk 3 Fri</b>								
<b>Roasted Pepper, Pineapple &amp; Sweetc...</b>	<b>1 Serving</b>	<b>246</b>	<b>488</b>	<b>2058</b>	<b>78</b>	<b>17</b>	<b>5.5</b>	<b>(B)</b>
<b>Loaded Pizza Fries</b>	<b>1 Serving</b>	<b>255</b>	<b>422</b>	<b>1765</b>	<b>40</b>	<b>13</b>	<b>3.7</b>	<b>(C)</b>

<b>TOTALS:</b>								
<b>AVERAGES:</b>		1027	4321	62	20	4.8		