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Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Wk 1 Mon					
Three Cheese Margherita Personal Pizza - 1 Serving		489 Kcal	 WHEAT  MILK	 SOYA	
Bang Bang Chicken with Pasta - 1 Serving		526 Kcal	 WHEAT		
Toasted Cheesy Garlic Chicken Wrap - 1 Serving		512 Kcal	 WHEAT  EGGS  MILK		
Wk 1 Tue					
Pepperoni Hot Personal Pizza - 1 Serving		553 Kcal	 WHEAT  MILK	 EGGS  CELERY  MUSTARD  SOYA	
Mac & Cheese Pot - 1 Serving		688 Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 VEGETARIAN
Jamaican Beef Patty - 1 Serving		865 Kcal	 WHEAT		 VEGETARIAN  VEGAN
Wk 1 Wed					
Hand Stretched Personal Margherita Stromboli - 1 Serving		470 Kcal	 WHEAT  MILK	 SOYA	
Boxt Pepperonata Sauce - 1 Serving		321 Kcal	 WHEAT		
Roast Pork & Stuffing Baguette - 1 Serving		433 Kcal	 WHEAT	 BARLEY  SESAME	
Hot Roast Gammon Baguette - 1 Serving		368 Kcal	 WHEAT	 BARLEY  SESAME	
Roast Chicken & Stuffing Baguette - 1 Serving		511 Kcal	 WHEAT	 BARLEY  SESAME	 VEGETARIAN  VEGAN







Wk 1 Thur

Meat Feast Personal Pizza - 1 Serving		532Kcal	 WHEAT  MILK	 SOYA	
Homemade Creamy Chicken & Leek with Pasta - 1 Serving		551Kcal	 WHEAT  MILK		
Chargrilled Cheeseburger with Sauce Selection - 1 Serving		861Kcal	 WHEAT  MILK  CELERY  SESAME  SOYA  SULPHITES		

Wk 1 Fri

Roasted Pepper & Red Onion Personal Pizza - 1 Serving		484Kcal	 WHEAT  MILK	 SOYA	
Loaded Pizza Fries - 1 Serving		471Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	

Wk 2 Mon
































Three Cheese Margherita Personal Pizza - 1 Serving		489Kcal	 WHEAT  MILK	 SOYA	
Creamy Cajun Chicken Meatballs with Pasta - 1 Serving		616Kcal	 WHEAT  MILK		
Taco Beef Baked Burrito - 1 Serving		609Kcal	 WHEAT  MILK		

Wk 2 Tue





Chicken & Sweetcorn Personal Pizza - 1 Serving		521Kcal	 WHEAT  MILK	 SOYA	
Sausage & Ham Carbonara - 1 Serving		400Kcal	 WHEAT  MILK  SOYA  SULPHITES		
Hot Shot Chicken Parmo - 1 Serving		475Kcal	 WHEAT  MILK  SESAME		

Wk 2 Wed

Ham & Pineapple Personal Pizza - 1 Serving		497Kcal	 WHEAT  MILK	 SOYA	
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TUGO Nepalese Curry Sauce - 1 Serving		407Kcal	 WHEAT  MILK		
Wk 2 Thur					
Pepperoni Personal Pizza - 1 Serving		586Kcal	 WHEAT  MILK	 EGGS  CELERY  MUSTARD  SOYA	
Margherita Pasta Bake - 1 Serving		540Kcal	 WHEAT  MILK	 SOYA	
Salt & Pepper Chicken Flatbread with Chip Shop Curry Sauce - 1 Serving		351Kcal	 WHEAT  MILK  MUSTARD		
Wk 2 Fri					
Cajun Chicken Personal Pizza - 1 Serving		547Kcal	 WHEAT  MILK	 SOYA	
Loaded Pizza Fries - 1 Serving		471Kcal	 MILK	 WHEAT  EGGS  CELERY  MUSTARD  SOYA	
Wk 3 Mon					
Three Cheese Margherita Personal Pizza - 1 Serving		489Kcal	 WHEAT  MILK	 SOYA	
TUGO Ratatouille Pasta Pot - 1 Serving		345Kcal	 WHEAT  SULPHITES		
Grilled Hunters BBQ Chicken Sub Roll - 1 Serving		383Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA	 SESAME	
Wk 3 Tue					
Roasted Vegetable Personal Calzone - 1 Serving		614Kcal	 WHEAT  MILK	 SOYA	
Summer Pesto Pasta & Garlic Slice - 1 Serving		425Kcal	 WHEAT	 MILK  MUSTARD  SOYA	 VEGETARIAN  VEGAN
Portuguese Chicken Tasca Flatbread - 1 Serving		576Kcal	 WHEAT  EGGS  MILK		



Wk 3 Wed

Hand Stretched Personal Margherita Stromboli - 1 Serving		470Kcal	 		
BOXT Herby Tomato Sauce - 1 Serving		343Kcal			

Wk 3 Thur

Pepperoni & Roasted Red Onion Personal Pizza - 1 Serving		595Kcal	 	   	
TUGO Ham & Cheese Pasta Pot - 1 Serving		428Kcal	  		
Choripan with Chimmichurri Salsa - 1 Serving		524Kcal		   	
Vegetarian Choripan with Chimmichurri - 1 Serving		371Kcal	  	  	 

Wk 3 Fri

Roasted Pepper, Pineapple & Sweetcorn Personal Pizza - 1 Serving		488Kcal	 		
Loaded Pizza Fries - 1 Serving		471Kcal	