

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 ↻
Wk 1 Mon			1527	6424	168	98	17.3	
Three Cheese Margherita Personal P...	1 Serving	206	489	2062	74	19	3.2	C
Bang Bang Chicken with Pasta	1 Serving	288	526	2216	63	36	12	B
Toasted Cheesy Garlic Chicken Wrap	1 Serving	257	512	2146	31	43	2.1	B
Wk 1 Tue			2106	8813	193	87	21.5	
Pepperoni Hot Personal Pizza	1 Serving	245	553	2324	72	23	6.3	D
Mac & Cheese Pot	1 Serving	344	688	2884	70	29	12	B
Jamaican Beef Patty	1 Serving	283	865	3605	51	35	3.2	D
Wk 1 Wed			2103	8879	294	132	21	
Hand Stretched Personal Margherita ...	1 Serving	206	470	1983	75	17	3.5	B
Boxt Pepperonata 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	267	511	2153	51	44	2.9	A
Wk 1 Thur			1944	8160	198	107	12.7	
Meat Feast Personal Pizza	1 Serving	235	532	2241	75	22	3.6	B
Homemade Creamy Chicken & Leek ...	1 Serving	275	551	2327	67	43	4.4	A
Chargrilled Cheeseburger with Sauce...	1 Serving	325	861	3592	56	42	4.7	D
Wk 1 Fri			955	4007	118	33	9.4	
Roasted Pepper & Red Onion Person...	1 Serving	246	484	2042	77	17	5.5	B
Loaded Pizza Fries	1 Serving	270	471	1965	41	16	3.9	C
Wk 2 Mon			1714	7199	190	88	16.6	
Three Cheese Margherita Personal P...	1 Serving	206	489	2062	74	19	3.2	C
Creamy Cajun Chicken Meatballs wit...	1 Serving	337	616	2592	77	34	8.6	B

Taco Beef Baked Burrito	1 Serving	262	609	2545	39	35	4.8	C
Wk 2 Tue			1396	5872	178	67	13.5	
Chicken & Sweetcorn Personal Pizza	1 Serving	256	521	2196	76	26	4.1	B
Sausage & Ham Carbonara	1 Serving	200	400	1682	48	20	3.4	C
Hot Shot Chicken Parmo	1 Serving	223	475	1994	54	21	6	B
Wk 2 Wed			904	3812	141	33	13.4	
Ham & Pineapple Personal Pizza	1 Serving	236	497	2097	76	20	4.6	B
TUGO Nepalese Curry Sauce	1 Serving	180	407	1715	65	13	8.8	B
Wk 2 Thur			1477	6214	181	79	14.5	
Pepperoni Personal Pizza	1 Serving	236	586	2464	75	22	3.7	C
Margherita Pasta Bake	1 Serving	254	540	2271	73	21	7.9	B
Salt & Pepper Chicken Flatbread with...	1 Serving	260	351	1479	33	36	2.9	A
Wk 2 Fri			1018	4273	119	43	9	
Cajun Chicken Personal Pizza	1 Serving	266	547	2308	78	27	5.1	B
Loaded Pizza Fries	1 Serving	270	471	1965	41	16	3.9	C
Wk 3 Mon			1217	5140	195	57	18.6	
Three Cheese Margherita Personal P...	1 Serving	206	489	2062	74	19	3.2	C
TUGO Ratatouille Pasta Pot	1 Serving	180	345	1459	65	12	7.3	A
Grilled Hunters BBQ Chicken Sub Roll	1 Serving	190	383	1619	56	26	8.1	B
Wk 3 Tue			1615	6787	204	69	13.8	
Roasted Vegetable Personal Calzone	1 Serving	261	614	2575	76	17	4.1	B
Summer Pesto Pasta & Garlic Slice	1 Serving	262	425	1783	56	13	4.2	A
Portuguese Chicken Tasca Flatbread	1 Serving	335	576	2429	72	39	5.5	B
Wk 3 Wed			813	3437	140	28	10	
Hand Stretched Personal Margherita ...	1 Serving	206	470	1983	75	17	3.5	B
BOXT Herby Tomato Sauce	1 Serving	180	343	1454	65	11	6.5	A
Wk 3 Thur			1918	8053	240	74	19.6	
Pepperoni & Roasted Red Onion Pers...	1 Serving	256	595	2498	76	22	4.8	C
TUGO Ham & Cheese Pasta Pot	1 Serving	190	428	1806	63	20	3.3	C

Choripan with Chimmichurri Salsa	1 Serving	161	524	2191	52	17	3.7	D
Vegetarian Choripan with Chimmichu...	1 Serving	209	371	1558	49	15	7.8	A
Wk 3 Fri			959	4023	119	33	9.4	
Roasted Pepper, Pineapple & Sweetc...	1 Serving	246	488	2058	78	17	5.5	B
Loaded Pizza Fries	1 Serving	270	471	1965	41	16	3.9	C

TOTALS:		53517	224922	2678	1028	220		
AVERAGES:		1245	5231	62	23.9	5.1		