

Menu

IK Feb 26



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g	Nutri-Score C
Wk 1 Personal Pizza			2082	8769	301	90	21	
Hand Stretched Margherita Personal Pizza	1 Serving	246	545	2294	77	22	4.7	C
Chicken & Sweetcorn Personal Pizza	1 Serving	236	499	2105	75	23	3.8	B
Hot Honey Drizzle Pepperoni Personal Pi...	1 Serving	236	542	2280	75	23	9.6	C
Chicken Tikka Personal Pizza	1 Serving	236	496	2090	74	22	2.9	B
Wk 1 Pasta			1351	5706	225	45	20.8	
Pasta with Tomato & Herb Sauce	1 Serving	180	354	1497	67	9.7	7.9	A
Tugo Carbonara Pasta Pot	1 Serving	180	396	1673	63	14	4.1	B
Tugo Pepperonata Sauce	1 Serving	180	176	746	33	5.6	5.7	B
TUGO Mac N Cheese Pasta Pot	1 Serving	180	425	1790	62	16	3.1	B
Wk 1 Hot Grab & Go			3083	12928	319	138	42	
BBQ Bacon Ranch BLT	1 Serving	235	504	2117	59	22	10	C
Nacho Chilli Cheese Chicken Pasty	1 Serving	186	441	1846	34	23	12	D
Chicken Shawarma Hot Buddha Bowl	1 Serving	301	428	1803	57	20	6.6	A
American Beef Cheese steak Baguette wi...	1 Serving	206	565	2369	57	27	5.2	C
Chilli Loaded Fries	1 Serving	291	372	1556	36	17	3.4	A
Loaded Pizza Fries	1 Serving	255	421	1760	39	15	3.3	C
Loaded Fries with Cheese, Bacon & Salsa	1 Serving	228	352	1477	37	14	1.9	B
Wk 2 Personal Pizza			2048	8634	301	86	15	
Chilli Cheese Personal Pizza	1 Serving	226	475	2002	75	18	3.4	B
Ham & Pineapple Personal Pizza	1 Serving	236	496	2094	75	21	4.3	B
Breakfast Personal Pizza	1 Serving	259	585	2462	77	25	4	C
Chicken Chilli Personal Pizza	1 Serving	236	492	2076	74	22	3.3	B
Wk 2 Pasta			1571	6633	258	57	21.9	
Tugo Bolognese Pasta Pot	1 Serving	180	396	1673	66	17	6.8	A
TUGO Mac N Cheese Pasta Pot	1 Serving	180	425	1790	62	16	3.1	B
Pasta with Tomato & Herb Sauce	1 Serving	180	354	1497	67	9.7	7.9	A
Tugo Carbonara Pasta Pot	1 Serving	180	396	1673	63	14	4.1	B
Wk 2 Grab & Go			2971	12474	351	122	55	
Hunters Chicken Folded Wrap/ Flatbread	1 Serving	233	548	2306	65	28	5.2	C
Tandoori Chicken Naan Wrap Pot	1 Serving	222	579	2433	78	18	2.5	A
Chargrilled Cheeseburger with Sauce Sel...	1 Serving	325	774	3236	52	44	4.7	C
Nut Free Satay Chicken Bowl, Coconut Ri...	1 Serving	362	469	1974	63	23	11	B
Salt & Pepper Loaded Fries	1 Serving	224	387	1622	54	3.8	25	C

Asian Loaded Fries (V)	1 Serving	196	214	903	39	5	7	C
Wk 3 Personal Pizza			2094	8823	301	88	15.8	
Hand Stretched Margherita Personal Pizza	1 Serving	246	545	2294	77	22	4.7	C
Meat Feast Personal Pizza	1 Serving	235	531	2237	74	23	3.3	C
Chicken Chilli Personal Pizza	1 Serving	236	492	2076	74	22	3.3	B
Pepperoni & Roasted Red Onion Personal...	1 Serving	241	526	2216	76	21	4.5	C
Wk 3 Pasta			1546	6528	250	64	27.6	
Tugo Bolognese Pasta Pot	1 Serving	180	396	1673	66	17	6.8	A
Rich Italian Style Pasta Bolognese VE	1 Serving	288	321	1358	53	16	6.5	A
Tugo Pepperonata Sauce	1 Serving	180	176	746	33	5.6	5.7	B
TUGO Mac N Cheese Pasta Pot	1 Serving	180	425	1790	62	16	3.1	B
Tugo Meatball Marinara	1 Serving	180	228	961	36	9.1	5.5	A
Wk 3 Grab & Go			1938	8135	207	92	33.8	
BBQ Bacon Ranch BLT	1 Serving	235	504	2117	59	22	10	C
Nacho Chilli Cheese Chicken Pasty	1 Serving	186	441	1846	34	23	12	D
Chicken Shawarma Hot Buddha Bowl	1 Serving	301	428	1803	57	20	6.6	A
American Beef Cheese steak Baguette wi...	1 Serving	206	565	2369	57	27	5.2	C

TOTALS:		43194	181740	2513	782	254	
AVERAGES:		1028	4327	60	18.6	6	