





























IK Feb 26




























Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Wk 1 Personal Pizza					
Hand Stretched Margherita Personal Pizza - 1 Serving		545Kcal	 WHEAT  MILK	 SOYA	
Chicken & Sweetcorn Personal Pizza - 1 Serving		499Kcal	 WHEAT  MILK	 SOYA	
Hot Honey Drizzle Pepperoni Personal Pizza - 1 Serving		542Kcal	 WHEAT  MILK		
Chicken Tikka Personal Pizza - 1 Serving		496Kcal	 WHEAT  MILK	 SOYA	
Wk 1 Pasta					
Pasta with Tomato & Herb Sauce - 1 Serving		354Kcal	 WHEAT		
Tugo Carbonara Pasta Pot - 1 Serving		396Kcal	 WHEAT  MILK  SULPHITES		
Tugo Pepperonata Sauce - 1 Serving		176Kcal	 WHEAT		
TUGO Mac N Cheese Pasta Pot - 1 Serving		425Kcal	 WHEAT  MILK  MUSTARD		






















Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Wk 1 Hot Grab & Go					
BBQ Bacon Ranch BLT - 1 Serving		504Kcal	 WHEAT, BARLEY  MILK  SOYA  EGGS  CELERY	 SESAME	
Nacho Chilli Cheese Chicken Pasty - 1 Serving		441Kcal	 WHEAT  MILK		 VEGETARIAN  VEGAN
Chicken Shawarma Hot Buddha Bowl - 1 Serving		428Kcal	 WHEAT  MILK  EGGS	 SOYA	
American Beef Cheese steak Baguette with Crispy Onions - 1 Serving		565Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Chilli Loaded Fries - 1 Serving		372Kcal		 WHEAT	
Loaded Pizza Fries - 1 Serving		421Kcal	 MILK		
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		352Kcal	 MILK		
Wk 2 Personal Pizza					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chilli Cheese Personal Pizza - 1 Serving		475 Kcal	 WHEAT  MILK	 SOYA	
Ham & Pineapple Personal Pizza - 1 Serving		496 Kcal	 WHEAT  MILK	 SOYA	
Breakfast Personal Pizza - 1 Serving		585 Kcal	 WHEAT  MILK  SOYA  SULPHITES		
Chicken Chilli Personal Pizza - 1 Serving		492 Kcal	 WHEAT  MILK	 SOYA	
Wk 2 Pasta					
Tugo Bolognese Pasta Pot - 1 Serving		396 Kcal	 WHEAT		
TUGO Mac N Cheese Pasta Pot - 1 Serving		425 Kcal	 WHEAT  MILK  MUSTARD		
Pasta with Tomato & Herb Sauce - 1 Serving		354 Kcal	 WHEAT		
Tugo Carbonara Pasta Pot - 1 Serving		396 Kcal	 WHEAT  MILK  SULPHITES		
Wk 2 Grab & Go					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Hunters Chicken Folded Wrap/ Flatbread - 1 Serving		548 Kcal	 WHEAT, BARLEY  CELERY  MILK  SOYA		
Tandoori Chicken Naan Wrap Pot - 1 Serving		579 Kcal	 WHEAT  EGGS  MILK		
Chargrilled Cheeseburger with Sauce Selection - 1 Serving		774 Kcal	 WHEAT  MILK  SESAME  SOYA  SULPHITES		
Nut Free Satay Chicken Bowl, Coconut Rice & Mango Slaw - 1 Serving		469 Kcal		 MUSTARD  SULPHITES	
Salt & Pepper Loaded Fries - 1 Serving		387 Kcal			 VEGETARIAN  VEGAN
Asian Loaded Fries (V) - 1 Serving		214 Kcal	 SOYA		 VEGETARIAN  VEGAN

Wk 3 Personal Pizza

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Hand Stretched Margherita Personal Pizza - 1 Serving		545 Kcal	 WHEAT  MILK	 SOYA	
Meat Feast Personal Pizza - 1 Serving		531 Kcal	 WHEAT  MILK	 SOYA	
Chicken Chilli Personal Pizza - 1 Serving		492 Kcal	 WHEAT  MILK	 SOYA	
Pepperoni & Roasted Red Onion Personal Pizza - 1 Serving		526 Kcal	 WHEAT  MILK	 EGGS  CELERY  MUSTARD  SOYA	
Wk 3 Pasta					
Tugo Bolognese Pasta Pot - 1 Serving		396 Kcal	 WHEAT		
Rich Italian Style Pasta Bolognese VE - 1 Serving		321 Kcal	 WHEAT  SOYA	 MUSTARD	 VEGETARIAN  VEGAN
Tugo Pepperonata Sauce - 1 Serving		176 Kcal	 WHEAT		
TUGO Mac N Cheese Pasta Pot - 1 Serving		425 Kcal	 WHEAT  MILK  MUSTARD		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Tugo Meatball Marinara - 1 Serving		228Kcal	 WHEAT, BARLEY  EGGS  SULPHITES		
Wk 3 Grab & Go					
BBQ Bacon Ranch BLT - 1 Serving		504Kcal	 WHEAT, BARLEY  EGGS  MILK  CELERY  SOYA	 SESAME	
Nacho Chilli Cheese Chicken Pasty - 1 Serving		441Kcal	 WHEAT  MILK		 VEGETARIAN  VEGAN
Chicken Shawarma Hot Buddha Bowl - 1 Serving		428Kcal	 WHEAT  EGGS  MILK	 SOYA	
American Beef Cheese steak Baguette with Crispy Onions - 1 Serving		565Kcal	 WHEAT  MILK	 BARLEY  SESAME	