

# Menu

## Italian Kitchen

Name	Portion Name	Portion Size g	Carbohydrate g	Protein g	Fat g	Sugars g
<b>Week 1 Monday</b>			<b>221</b>	<b>75</b>	<b>48</b>	<b>18.5</b>
Piri Piri Chicken Calzone Pizza	1 Serving	226	67	27.8	8.4	2.4
Mascarpone, Tomato & Basil Past	1 Serving	180	49	16.5	14.6	6.7
Dough Balls	1 Serving	99	33.1	12.7	5	0.39
Jacket Potato with Sausage And E	1 Serving	477	71	18.2	20.2	9
<b>Week 1 Tuesday</b>			<b>266</b>	<b>89</b>	<b>67</b>	<b>24.3</b>
Ham, Pineapple & Sweetcorn Pizz	1 Serving	123	25.3	14.7	6.8	2
Spaghetti Carbonara	1 Serving	247	60	24.4	21.7	6.7
Garlic Bread	1 Serving	24	7.9	2	4.6	0.5
Baked Katsu Chicken Fillet Burge	1 Serving	198	47	24.4	15.4	4
Crispy Vegetable Burger	1 Serving	208	64	11.3	17	5.4
Jacket Potato with Bean Chilli	1 Serving	431	63	12.7	1.5	5.8
<b>Week 1 Wednesday</b>			<b>290</b>	<b>118</b>	<b>80</b>	<b>28</b>
TUGO Meat Feast Pizza	1 Serving	110	24.4	14.5	7.9	1.2
Creamy Courgette, Lemon & Pea	1 Serving	263	64	17.7	17.3	8.2
Cheesy Flatbread	1 Serving	95	32.1	12.8	10.8	1.3
Roast Chicken Giant Yorkie Wrap	1 Serving	247	62	27.6	10.6	2.2
Yorkshire Pudding Wraps with Ga	1 Serving	206	50	23.6	12.6	6.3
Jacket Potato with Cauliflower Ch	1 Serving	501	58	21.3	21	8.7
<b>Week 1 Thursday</b>			<b>163</b>	<b>99</b>	<b>60</b>	<b>17.7</b>
Vegetable Supreme Pizza	1 Serving	108	24.3	12.6	6.2	1.2
Cheesy Beef & Macaroni Bake	1 Serving	264	56	28.5	29.1	6.4
Dough Balls	1 Serving	99	33.1	12.7	5	0.39
Cuban Sandwich	1 Serving	205	43	25.7	10.3	4.4
Jacket Potato with Chicken Korma	1 Serving	174	6.9	19.7	9	5.3
<b>Week 1 Friday</b>			<b>258</b>	<b>76</b>	<b>49</b>	<b>17.8</b>
Margherita Stromboli	1 Serving	206	67	22.9	8.1	2
Sicilian Vegetable Pasta Pot	1 Serving	220	95	16.4	2.7	7.9
Garlic Bread	1 Serving	24	7.9	2	4.6	0.5

Giant Cod Fish Finger Dog with Tz	1 Serving	151	35.7	12.6	15.3	5
Jacket Potato With Chicken, Baco	1 Serving	415	53	21.7	17.9	2.4
Week 2 Monday			223	88	83	20.8
Pepperoni & Jalapeno Pizza	1 Serving	123	24.1	15.6	13.7	0.98
Rich Beef Ragu & Linguini	1 Serving	263	53	23.4	22.6	6.9
Dough Balls	1 Serving	99	33.1	12.7	5	0.39
The Dolce Cheddar Burger with W	1 Serving	351	61	29.2	37.2	4.3
Jacket Potato with Ratatouille	1 Serving	445	51	7.3	4.1	8.1
Week 2 Tuesday			180	69	39.3	16.8
TUGO BBQ Chicken Pizza	1 Serving	116	26	15.3	6.4	2.2
Tomato, Basil & Roasted Vegetabl	1 Serving	161	51	9.1	2.9	6.6
Garlic Bread	1 Serving	24	7.9	2	4.6	0.5
Red Thai Chicken Noodles	1 Serving	188	38.9	26.3	7.3	2.6
Jacket Potato with Meatball Marin	1 Serving	386	56	16.5	18.1	4.9
Week 2 Wednesday			251	110	65	24.6
Roasted Vegetable & Feta Pitta Pi	1 Serving	160	34.1	13.3	15.4	3.6
Chicken & Mushroom Carbonara	1 Serving	293	59	35.2	15.2	6.7
Cheesy Flatbread	1 Serving	95	32.1	12.8	10.8	1.3
Marinated Roast Chicken Baguett	1 Serving	232	66	33.9	3.8	4.4
Jacket Potato with BBQ Sausage	1 Serving	382	59	15.1	19.6	8.6
Week 2 Thursday			216	75	42	27.9
Roasted Pepper, Pineapple & Swc	1 Serving	123	25.7	12.7	6.3	2.4
Chicken Arrabiata Pasta	1 Serving	210	51	21	3.7	7.1
Dough Balls	1 Serving	99	33.1	12.7	5	0.39
Indian Tapas Pot with Mango Chu	1 Serving	177	55	7.3	15.9	13.1
Jacket Potato with Beef Chilli	1 Serving	414	52	20.9	11.4	4.9
Week 2 Friday			258	87	85	25
Spicy Meatball Pizza	1 Serving	109	25.1	14.1	6.7	1.7
Mozzarella Topped Macaroni Che	1 Serving	347	70	29	30.9	11.5
Garlic Bread	1 Serving	24	7.9	2	4.6	0.5
Roasted Vegetable & Feta Toppec	1 Serving	280	59	15.9	20.1	3.6
Macaroni Cheese Filled Jacket	1 Serving	447	95	26.1	23.1	7.7
Week 3 Monday			204	75	56	18.1
Three Cheese Margherita Pizza	1 Serving	97	23.6	12.2	7.5	0.83

Chorizo & Tomato Pasta	1 Serving	160	53	12	8.6	7.8
Dough Balls	1 Serving	99	33.1	12.7	5	0.39
Jerk Chicken Drumstick and Rice	1 Serving	196	49	25.7	26.5	6.8
Creamy Ham & Mushroom Jacket	1 Serving	362	46	12.7	8.3	2.3
<b>Week 3 Tuesday</b>			<b>256</b>	<b>80</b>	<b>73</b>	<b>32.8</b>
Pepperoni Sizzler Stromboli	1 Serving	230	67	25.4	14.3	2.1
Creamy Courgette, Lemon & Pea	1 Serving	263	64	17.7	17.3	8.2
Garlic Bread	1 Serving	24	7.9	2	4.6	0.5
Posh Dog with Sauce Selection	1 Serving	229	61	21.4	34.1	9.4
Black Bean Chicken & Vegetable	1 Serving	360	56	13.4	2.6	12.5
<b>Week 3 Wednesday</b>			<b>233</b>	<b>119</b>	<b>56</b>	<b>24</b>
TUGO BBQ Chicken Pizza	1 Serving	116	26	15.3	6.4	2.2
Sunblushed Tomato & Mascarpone	1 Serving	190	51	16.9	17.7	7.7
Cheesy Flatbread	1 Serving	95	32.1	12.8	10.8	1.3
Slow Roast Pork & Apple Sauce E	1 Serving	190	37.8	33.9	12.6	6.8
Roast Chicken Bap	1 Serving	185	33	31.5	4	2.1
Tuscan Bean Jacket Potato	1 Serving	341	54	8.1	4.3	3.9
<b>Week 3 Thursday</b>			<b>201</b>	<b>62</b>	<b>49</b>	<b>19.3</b>
Roasted Pepper, Pineapple & Sw	1 Serving	123	25.7	12.7	6.3	2.4
Pepperonata Pasta	1 Serving	169	53	8.9	11.3	8.3
Dough Balls	1 Serving	99	33.1	12.7	5	0.39
Smothered Roasties with Pulled C	1 Serving	223	24.5	18	18	0.84
Vegetable Curry Jacket Potato	1 Serving	448	65	10	8.2	7.4
<b>Week 3 Friday</b>			<b>237</b>	<b>92</b>	<b>64</b>	<b>17.4</b>
Piri Piri Chicken Calzone Pizza	1 Serving	226	67	27.8	8.4	2.4
Cheesy Beef & Macaroni Bake	1 Serving	264	56	28.5	29.1	6.4
Garlic Bread	1 Serving	24	7.9	2	4.6	0.5
Fish Cake Burger with Iceberg &	1 Serving	213	56	16.7	14.9	4
Chicken & Sweetcorn Jacket Pota	1 Serving	337	50	17.4	6.8	4.1
<b>Jacket Potatoes</b>			<b>279</b>	<b>70</b>	<b>68</b>	<b>18.5</b>
Jacket Potato with Baked Beans	1 Serving	400	64	10.1	11.9	7.9
Jacket Potato with Tuna & Mayo	1 Serving	400	53	25.3	13.8	2.2
Jacket Potato with Cheese	1 Serving	350	53	16	24.2	1.8

Jacket Potato with Baked Beans	1 Serving	375	58	13	18	4.9
Jacket Potato	1 Serving	300	52	6	0.6	1.8

TOTALS:						
AVERAGES:			46	16.9	12	4.3