




































































# Casa Feb 26

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>Wk 1 Mon</b>					
Churrasco Chicken Leg with Spiced Rice & Rainbow Slaw copy - 1 Serving		<b>361</b> Kcal			
BBQ Bacon Ranch BLT - 1 Serving		<b>504</b> Kcal	 WHEAT, BARLEY  EGGS  MILK  CELERY  SOYA	 SESAME	
Piri Piri Chick 'n' Mix - 1 Serving		<b>416</b> Kcal			
<b>Wk 1 Tue</b>					
Chicken, Chorizo & Cheddar Taco with Tomato & Chilli Rice - 1 Serving		<b>476</b> Kcal	 WHEAT  EGGS  MILK	 SOYA	
Nacho Chilli Cheese Chicken Pasty - 1 Serving		<b>441</b> Kcal	 WHEAT  MILK		 VEGETARIAN  VEGAN
Buffalo Chick 'n' Mix - 1 Serving		<b>361</b> Kcal			
<b>Wk 1 Wed</b>					





Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chilli Beef Enchilada with Mexican Sweetcorn Slaw - 1 Serving		<b>556Kcal</b>	 WHEAT  EGGS		
Chicken Shawarma Hot Buddha Bowl - 1 Serving		<b>428Kcal</b>	 WHEAT  EGGS  MILK	 SOYA	
Tandoori Chick 'n' Mix - 1 Serving		<b>394Kcal</b>			
<b>Wk 1 Thur</b>					
Buffalo Chicken with Vegetable rice & Hot Sauce - 1 Serving		<b>426Kcal</b>			
American Beef Cheese steak Baguette with Crispy Onions - 1 Serving		<b>565Kcal</b>	 WHEAT  MILK	 BARLEY  SESAME	
Maple & Sweet Chilli Chicken Chick 'n' Mix - 1 Serving		<b>406Kcal</b>			 HALAL
<b>Wk 1 Fri</b>					
Texan BBQ Chicken Burger with Mexican Slaw & Fries - 1 Serving		<b>608Kcal</b>	 WHEAT, BARLEY  EGGS  CELERY  SESAME  SOYA		
<b>Wk 2 Mon</b>					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Creamy Piri Piri Chicken with Garlic Orzo & Crunchy Salad - 1 Serving		435Kcal	 WHEAT  MILK	 MUSTARD  SOYA	
Hunters Chicken Folded Wrap - 1 Serving		548Kcal	 WHEAT, BARLEY  CELERY  MILK  SOYA		
BBQ Chick 'n' Mix - 1 Serving		436Kcal			
<b>Wk 2 Tue</b>					
Fajita Mixed Bean & Cheese Quesadilla with Nachos & Guacamole - 1 Serving		632Kcal	 WHEAT  MILK  EGGS  SULPHITES		 VEGETARIAN
Tandoori Chicken Naan Wrap Pot - 1 Serving		579Kcal	 WHEAT  MILK  EGGS		
Buffalo Chick 'n' Mix - 1 Serving		361Kcal			
<b>Wk 2 Wed</b>					
Smoky Chicken Mac Wrap with Spiced Slaw - 1 Serving		637Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 VEGETARIAN







Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chargrilled Cheeseburger with Sauce Selection - 1 Serving		774Kcal	 WHEAT  MILK  SESAME  SOYA  SULPHITES		
Piri Piri Chick 'n' Mix - 1 Serving		416Kcal			
<b>Wk 2 Thur</b>					
Louisiana BBQ Chicken Thigh with Mashed Potato - 1 Serving		257Kcal	 MILK		
Nut Free Satay Chicken Bowl, Coconut Rice & Mango Slaw - 1 Serving		469Kcal		 MUSTARD  SULPHITES	
Jerk Chick 'n' Mix - 1 Serving		349Kcal			 HALAL
<b>Wk 2 Fri</b>					
Charred Lemon & Herb Chicken Burger With Roast Peppers & Fries - 1 Serving		503Kcal	 WHEAT  SESAME		
<b>Wk 3 Mon</b>					
Firecracker Chicken Leg with Dirty Rice & Portuguese Tomato Salad - 1 Serving		377Kcal			

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Toasted Sourdough Reuban Sandwich - 1 Serving		465Kcal	 WHEAT, RYE  EGGS  MILK  MUSTARD  SOYA  SULPHITES		
Buffalo Chick 'n' Mix - 1 Serving		361Kcal			









### Wk 3 Tue

Texan BBQ Chicken Taco with Wedges & Mixed Salad - 1 Serving		373Kcal	 WHEAT		
Crispy Chicken Stack Burger - 1 Serving		506Kcal	 WHEAT  EGGS  SESAME		
Piri Piri Chick 'n' Mix - 1 Serving		416Kcal			







### Wk 3 Wed







Hot & Spicy Beef & Jalapeno Burrito with Spicy Potatoes - 1 Serving		502Kcal	 WHEAT		
Greek Chicken Orzo Bowl with Roasted Veggies & Tzatziki - 1 Serving		421Kcal	 WHEAT  EGGS  MILK	 MUSTARD  SOYA	
BBQ Chick 'n' Mix - 1 Serving		436Kcal			

### Wk 3 Thur

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Spicy Tex Mex Chicken with Dirty Rice & Nachos - 1 Serving		<b>391</b> Kcal			
BBQ Meatball & Cheese Hotpocket Turnover - 1 Serving		<b>466</b> Kcal	  WHEAT, BARLEY      MILK   CELERY              SOYA		
Maple & Sweet Chilli Chicken Chick 'n' Mix - 1 Serving		<b>406</b> Kcal			 HALAL
<b>Wk 3 Fri</b>					
Peri Peri Chicken Thigh Burger With Perinaise Sauce & Paprika Fries - 1 Serving		<b>535</b> Kcal	  WHEAT              EGGS  SESAME		




**IK Feb 26**

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















Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>Wk 1 Hot Grab &amp; Go</b>					
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	
Chilli Loaded Fries - 1 Serving		372Kcal		 WHEAT	
Loaded Pizza Fries - 1 Serving		421Kcal	 MILK		
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		352Kcal	 MILK		
<b>Wk 2 Personal Pizza</b>					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chilli Cheese Personal Pizza - 1 Serving		<b>475</b> Kcal	 WHEAT  MILK	 SOYA	
Ham & Pineapple Personal Pizza - 1 Serving		<b>496</b> Kcal	 WHEAT  MILK	 SOYA	
Breakfast Personal Pizza - 1 Serving		<b>585</b> Kcal	 WHEAT  MILK  SOYA  SULPHITES		
Chicken Chilli Personal Pizza - 1 Serving		<b>492</b> Kcal	 WHEAT  MILK	 SOYA	























### Wk 2 Pasta






















Tugo Bolognese Pasta Pot - 1 Serving		<b>396</b> Kcal	 WHEAT		
TUGO Mac N Cheese Pasta Pot - 1 Serving		<b>425</b> Kcal	 WHEAT  MILK  MUSTARD		
Pasta with Tomato & Herb Sauce - 1 Serving		<b>354</b> Kcal	 WHEAT		
Tugo Carbonara Pasta Pot - 1 Serving		<b>396</b> 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		548Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA		
Tandoori Chicken Naan Wrap Pot - 1 Serving		579Kcal	 WHEAT  EGGS  MILK		
Chargrilled Cheeseburger with Sauce Selection - 1 Serving		774Kcal	 WHEAT  MILK  SESAME  SOYA  SULPHITES		
Nut Free Satay Chicken Bowl, Coconut Rice & Mango Slaw - 1 Serving		469Kcal		 MUSTARD  SULPHITES	
Salt & Pepper Loaded Fries - 1 Serving		387Kcal			 VEGETARIAN  VEGAN
Asian Loaded Fries (V) - 1 Serving		214Kcal	 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		<b>545</b> Kcal	 WHEAT  MILK	 SOYA	
Meat Feast Personal Pizza - 1 Serving		<b>531</b> Kcal	 WHEAT  MILK	 SOYA	
Chicken Chilli Personal Pizza - 1 Serving		<b>492</b> Kcal	 WHEAT  MILK	 SOYA	
Pepperoni & Roasted Red Onion Personal Pizza - 1 Serving		<b>526</b> Kcal	 WHEAT  MILK	 EGGS  CELERY  MUSTARD  SOYA	
<b>Wk 3 Pasta</b>					
Tugo Bolognese Pasta Pot - 1 Serving		<b>396</b> Kcal	 WHEAT		
Rich Italian Style Pasta Bolognese VE - 1 Serving		<b>321</b> Kcal	 WHEAT  SOYA	 MUSTARD	 VEGETARIAN  VEGAN
Tugo Pepperonata Sauce - 1 Serving		<b>176</b> Kcal	 WHEAT		
TUGO Mac N Cheese Pasta Pot - 1 Serving		<b>425</b> 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  SO <sub>2</sub> SULPHITES		
<b>Wk 3 Grab &amp; Go</b>					
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	












**SK Feb 26**

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
<b>WK 1 Mon</b>					
Slow Cooked Spaghetti Bolognese with Garlic Slice - 1 Serving		584Kcal	 WHEAT	 MILK  MUSTARD  SOYA	
Grilled Veg Flatbread with Tzatziki & Crumbled Feta - 1 Serving		345Kcal	 WHEAT  MILK	 EGGS	 VEGETARIAN
BBQ Bacon Ranch BLT - 1 Serving		504Kcal	 WHEAT, BARLEY  MILK  SOYA	 EGGS  CELERY	 SESAME
Smoky Chicken & Pineapple with Coconut Rice - 1 Serving		442Kcal	 SOYA	 SULPHITES	
<b>WK 1 Tue</b>					














Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chicken, Chorizo, Sweet Potato Hash with Rainbow Slaw - 1 Serving		308Kcal	 EGGS  SULPHITES	 MILK  SOYA	
Indian Tapas Pot with Mango Chutney - 1 Serving		423Kcal	 WHEAT		 VEGETARIAN  VEGAN
Nacho Chilli Cheese Chicken Pasty - 1 Serving		441Kcal	 WHEAT  MILK		 VEGETARIAN  VEGAN
Singapore Noodles with Edemame Beans & Soy Glazed Mushrooms - 1 Serving		365Kcal	 WHEAT  SOYA		
<b>Wk 1 Wed</b>					
Marinated Roast Chicken Thigh with Skin-On Roast Potatoes & Gravy - 1 Serving		493Kcal			
Honey Roast Gammon with Skin-On Roast Potatoes & Gravy - 1 Serving		312Kcal	 MUSTARD		
Slow Roast Pork with Skin-On Roast Potatoes & Gravy - 1 Serving		434Kcal			
Roast Turkey & Stuffing - 1 Serving		340Kcal	 WHEAT		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Veggie Bangers with Mashed Potato Gravy - 1 Serving		345Kcal	 WHEAT  MILK  SOYA  SULPHITES		 VEGETARIAN
Chicken Shawarma Hot Buddha Bowl - 1 Serving		428Kcal	 WHEAT  MILK  EGGS  SOYA		
Vegetable Tikka, with Pilau Rice, Naan & Spiced Ketchup - 1 Serving		438Kcal	 WHEAT  SOYA		 VEGETARIAN
<b>Wk 1 Thur</b>					
Hot Honey Crispy Chicken & Steamed Rice - 1 Serving		386Kcal	 WHEAT  MILK  OATS, BARLEY, RYE  SOYA		
Creamy Cajun Pasta Bake - 1 Serving		668Kcal	 WHEAT  MILK  SOYA		
American Beef Cheese steak Baguette with Crispy Onions - 1 Serving		565Kcal	 WHEAT  MILK  BARLEY  SESAME		
Jerk Chicken Thigh with Rice & Peas - 1 Serving		400Kcal			
<b>Wk 1 Fri</b>					
Hand Battered Fish And Chips - 1 Serving		470Kcal	 WHEAT, BARLEY  FISH  SULPHITES		


























Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Battered Fish with Chips - 1 Serving		<b>388</b> Kcal	 WHEAT  FISH		
Homemade Cheddar, Sage & Onion Sausage Roll & Chips - 1 Serving		<b>662</b> Kcal	 WHEAT  MILK		 VEGETARIAN  VEGAN
Sweet Chilli & Soy Glazed Vegetable & Noodle Stir Fry & Spring Rolls - 1 Serving		<b>656</b> Kcal	 WHEAT  SOYA		
Salt & Pepper Loaded Fries - 1 Serving		<b>387</b> Kcal			 VEGETARIAN  VEGAN
Asian Loaded Fries (V) - 1 Serving		<b>214</b> Kcal	 SOYA		 VEGETARIAN  VEGAN
Loaded Fries with Cheese, Bacon & Salsa - 1 Serving		<b>352</b> Kcal	 MILK		
Loaded Pizza Fries - 1 Serving		<b>421</b> Kcal	 MILK		
<b>Wk 2 Mon</b>					
Creamy Piri Piri Chicken with Garlic Orzo - 1 Serving		<b>433</b> Kcal	 WHEAT  MILK	 MUSTARD  SOYA	






















Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Curried Vegetable & Paneer Puff Pastry Samosa - 1 Serving		406Kcal	 WHEAT  MILK		 VEGETARIAN
Hunters Chicken Folded Wrap - 1 Serving		548Kcal	 WHEAT, BARLEY  MILK  CELERY  SOYA		
Sweet & Sour Chicken Balls & Wok Fried Noodles - 1 Serving		426Kcal	 WHEAT  MILK  SOYA	 OATS, BARLEY, RYE	



























### Wk 2 Tue























Crunchy Crumb Cheese Topped Cumberland Pie - 1 Serving		459Kcal	 WHEAT  MILK	 BARLEY  SESAME	
Cauliflower Cheese Yorkie, Mashed Potatoes & Gravy - 1 Serving		499Kcal	 WHEAT  EGGS  MILK		 VEGETARIAN
Tandoori Chicken Naan Wrap Pot - 1 Serving		579Kcal	 WHEAT  EGGS  MILK		
Chicken Kofte Meatball Masala with Rainbow Rice, Chapati Cone & Pickled Red Onion - 1 Serving		557Kcal	 WHEAT, BARLEY	 SULPHITES	

### Wk 2 Wed

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties	
Crispy Vegetable Burger, Salsa & Wedges - 1 Serving		584Kcal	 WHEAT	 SESAME	 VEGETARIAN  VEGAN	
Chargrilled Signature Burger - 1 Serving		540Kcal	 WHEAT, BARLEY  MILK  SESAME  SULPHITES	 EGGS  CELERY  SOYA		
Bang Bang Chicken Fried Rice & Asian Slaw - 1 Serving		472Kcal	 WHEAT  MILK	 EGGS  SOYA	 OATS, BARLEY, RYE	
<b>Wk 2 Thur</b>						
Korean Pulled Pork with Kimchi & Fried Rice - 1 Serving		579Kcal	 WHEAT	 SOYA		
Mac 'n' Cheese with Garlic Slice - 1 Serving		770Kcal	 WHEAT	 MILK	 MUSTARD  SOYA	 VEGETARIAN
Nut Free Satay Chicken Bowl, Coconut Rice & Mango Slaw - 1 Serving		469Kcal			 MUSTARD  SULPHITES	

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chilli Beef Noodle Stir Fry with Crispy Chilli Onions - 1 Serving		567 Kcal	 WHEAT  SOYA		
<b>Wk 2 Fri</b>					
Crispy Falafel & Houmous Pitta pocket with Chips - 1 Serving		476 Kcal	 WHEAT  EGGS  MILK  SESAME	 SOYA	
Salt & Pepper Loaded Fries - 1 Serving		387 Kcal			 VEGETARIAN  VEGAN
Asian Loaded Fries (V) - 1 Serving		214 Kcal	 SOYA		 VEGETARIAN  VEGAN
Loaded Pizza Fries - 1 Serving		421 Kcal	 MILK		
Singapore Noodles with Vegetable Spring Rolls Stir fry - 1 Serving		500 Kcal	 WHEAT  SOYA		
<b>Wk 3 Mon</b>					
Southern Baked Ranch Chicken & Rice Pot with Creamy Slaw - 1 Serving		559 Kcal	 WHEAT  EGGS  MILK		
Slow Roasted Tomato & Basil Pasta with Garlic Slice. - 1 Serving		667 Kcal	 WHEAT  MILK	 SOYA	

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Toasted Sourdough Reuban Sandwich - 1 Serving		465Kcal	 WHEAT, RYE  EGGS  MILK  MUSTARD  SOYA  SULPHITES		
Salt & Pepper Chicken with Chip Shop Curry Sauce & Noodles - 1 Serving		432Kcal	 WHEAT  MILK  MUSTARD		
<b>Wk 3 Tue</b>					
Jumbo Sausage in a Crusty Baguette with Sticky onions & Wedges - 1 Serving		819Kcal	 WHEAT  SULPHITES	 BARLEY  SESAME	
Veggie Sausage in a Crusty Baguette with Sticky onions & Wedges - 1 Serving		631Kcal	 WHEAT  SOYA  SULPHITES	 BARLEY  SESAME	 VEGETARIAN
Crispy Chicken Stack Burger - 1 Serving		506Kcal	 WHEAT  EGGS  SESAME		
Chicken Saag with Coconut Rice & Indian slaw - 1 Serving		541Kcal	 EGGS  MILK  SULPHITES	 WHEAT	
<b>Wk 3 Wed</b>					

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Roast Butternut Squash Wellington with Roast Potatoes - 1 Serving		417 Kcal	 WHEAT  MILK		 VEGETARIAN
Chicken Shawarma Orzo Buddha Bowl - 1 Serving		421 Kcal	 WHEAT  EGGS  MILK	 MUSTARD  SOYA	
Hot Nachos topped with Beef Chilli, Jalapenos, Cheese, Salsa & Sour Cream - 1 Serving		474 Kcal	 EGGS  MILK  MUSTARD		
<b>Wk 3 Thur</b>					
Tex Mex Pulled Pork/ Chicken with Boston BBQ Pit Beans & Dirty Rice copy - 1 Serving		377 Kcal	 WHEAT, BARLEY  CELERY  SOYA		
Veggie Biryani, Curry Sauce with Naan & Chutney - 1 Serving		631 Kcal	 WHEAT  MILK  MUSTARD		 VEGETARIAN
BBQ Meatball & Cheese Hotpocket Turnover - 1 Serving		466 Kcal	 WHEAT, BARLEY  CELERY  MILK  SOYA		

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Vegetable Tikka Open Burrito with Mint Yoghurt Dressing - 1 Serving		556Kcal	 WHEAT  EGGS  MILK		
<b>Wk 3 Fri</b>					
Sweet Chilli Crispy Mac 'n' Cheese Bites & Chips - 1 Serving		411Kcal	 WHEAT  MILK	 MUSTARD  SOYA	 VEGETARIAN
Oriental BBQ Vegetable Stir Fry Noodles with Spring Rolls - 1 Serving		618Kcal	 WHEAT  SOYA		

Generated by Nutritics v6.18 on 26th Jan 2026. Last Modified 26th Jan 2026.

# Menu

↳ Casa 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
<b>Wk 1 Mon</b>			<b>1281</b>	<b>5377</b>	<b>93</b>	<b>112</b>	<b>20.8</b>	
Churrasco Chicken Leg with Spiced Rice ...	1 Serving	345	361	1523	23	51	3.9	(A)
BBQ Bacon Ranch BLT	1 Serving	235	504	2117	59	22	10	(C)
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	(C)
<b>Wk 1 Tue</b>			<b>1278</b>	<b>5350</b>	<b>98</b>	<b>80</b>	<b>22.5</b>	
Chicken, Chorizo & Cheddar Taco with To...	1 Serving	232	476	1997	54	22	5.3	(B)
Nacho Chilli Cheese Chicken Pasty	1 Serving	186	441	1846	34	23	12	(D)
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	(B)
<b>Wk 1 Wed</b>			<b>1378</b>	<b>5783</b>	<b>135</b>	<b>80</b>	<b>17.2</b>	
Chilli Beef Enchilada with Mexican Sweet...	1 Serving	283	556	2337	73	20	9.9	(B)
Chicken Shawarma Hot Buddha Bowl	1 Serving	301	428	1803	57	20	6.6	(A)
Tandoori Chick 'n' Mix	1 Serving	233	394	1643	4.7	40	0.7	(B)
<b>Wk 1 Thur</b>			<b>1397</b>	<b>5861</b>	<b>126</b>	<b>87</b>	<b>18.8</b>	
Buffalo Chicken with Vegetable rice & Ho...	1 Serving	237	426	1794	57	22	5	(B)
American Beef Cheese steak Baguette wi...	1 Serving	206	565	2369	57	27	5.2	(C)
Maple & Sweet Chilli Chicken Chick 'n' Mix	1 Serving	233	406	1698	12	38	8.6	(B)
<b>Wk 1 Fri</b>			<b>608</b>	<b>2555</b>	<b>85</b>	<b>20</b>	<b>10</b>	
Texan BBQ Chicken Burger with Mexican ...	1 Serving	337	608	2555	85	20	10	(A)
<b>Wk 2 Mon</b>			<b>1419</b>	<b>5966</b>	<b>124</b>	<b>112</b>	<b>18.7</b>	
Creamy Piri Piri Chicken with Garlic Orzo ...	1 Serving	265	435	1840	47	44	4.3	(A)
Hunters Chicken Folded Wrap	1 Serving	233	548	2306	65	28	5.2	(C)
BBQ Chick 'n' Mix	1 Serving	233	436	1820	12	40	9.2	(C)
<b>Wk 2 Tue</b>			<b>1572</b>	<b>6585</b>	<b>156</b>	<b>69</b>	<b>13.2</b>	
Fajita Mixed Bean & Cheese Quesadilla wi...	1 Serving	218	632	2645	68	16	5.5	(B)
Tandoori Chicken Naan Wrap Pot	1 Serving	222	579	2433	78	18	2.5	(A)
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	(B)
<b>Wk 2 Wed</b>			<b>1827</b>	<b>7650</b>	<b>136</b>	<b>115</b>	<b>19.2</b>	
Smoky Chicken Mac Wrap with Spiced Sl...	1 Serving	282	637	2677	73	32	7.6	(B)
Chargrilled Cheeseburger with Sauce Sel...	1 Serving	325	774	3236	52	44	4.7	(C)
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	(C)
<b>Wk 2 Thur</b>			<b>1075</b>	<b>4513</b>	<b>96</b>	<b>78</b>	<b>22.8</b>	
Louisiana BBQ Chicken Thigh with Mashe...	1 Serving	230	257	1080	22	20	4.7	(A)
Nut Free Satay Chicken Bowl, Coconut Ri...	1 Serving	362	469	1974	63	23	11	(B)
Jerk Chick 'n' Mix	1 Serving	233	349	1459	11	35	7.1	(B)
<b>Wk 2 Fri</b>			<b>503</b>	<b>2119</b>	<b>68</b>	<b>27</b>	<b>8.8</b>	
Charred Lemon & Herb Chicken Burger W...	1 Serving	316	503	2119	68	27	8.8	(A)

Wk 3 Mon			1203	5055	81	120	12.6	
Firecracker Chicken Leg with Dirty Rice &...	1 Serving	357	377	1597	21	63	2.1	(A)
Toasted Sourdough Reuban Sandwich	1 Serving	203	465	1951	50	22	5.3	(C)
Buffalo Chick 'n' Mix	1 Serving	233	361	1507	10	35	5.2	(B)
Wk 3 Tue			1295	5431	119	78	16.9	
Texan BBQ Chicken Taco with Wedges & ...	1 Serving	265	373	1571	47	20	5.3	(A)
Crispy Chicken Stack Burger	1 Serving	228	506	2123	61	19	4.7	(A)
Piri Piri Chick 'n' Mix	1 Serving	233	416	1737	11	39	6.9	(C)
Wk 3 Wed			1359	5695	120	81	27.3	
Hot & Spicy Beef & Jalapeno Burrito with ...	1 Serving	277	502	2106	55	20	10	(B)
Greek Chicken Orzo Bowl with Roasted V...	1 Serving	301	421	1769	53	21	8.1	(A)
BBQ Chick 'n' Mix	1 Serving	233	436	1820	12	40	9.2	(C)
Wk 3 Thur			1263	5283	91	75	21.8	
Spicy Tex Mex Chicken with Dirty Rice & ...	1 Serving	296	391	1639	44	18	5.9	(A)
BBQ Meatball & Cheese Hotpocket Turno...	1 Serving	177	466	1946	35	19	7.3	(D)
Maple & Sweet Chilli Chicken Chick 'n' Mix	1 Serving	233	406	1698	12	38	8.6	(B)
Wk 3 Fri			535	2253	67	29	7.8	
Peri Peri Chicken Thigh Burger With Peri...	1 Serving	305	535	2253	67	29	7.8	(A)

TOTALS:	46524	195230	1595	1163	258	
AVERAGES:	1193	5006	41	29.8	6.6	

# 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
<b>Wk 1 Personal Pizza</b>			<b>2082</b>	<b>8769</b>	<b>301</b>	<b>90</b>	<b>21</b>	
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
<b>Wk 1 Pasta</b>			<b>1351</b>	<b>5706</b>	<b>225</b>	<b>45</b>	<b>20.8</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
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
<b>Wk 1 Hot Grab &amp; Go</b>			<b>3083</b>	<b>12928</b>	<b>319</b>	<b>138</b>	<b>42</b>	
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
<b>Wk 2 Personal Pizza</b>			<b>2048</b>	<b>8634</b>	<b>301</b>	<b>86</b>	<b>15</b>	
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
<b>Wk 2 Pasta</b>			<b>1571</b>	<b>6633</b>	<b>258</b>	<b>57</b>	<b>21.9</b>	
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
<b>Wk 2 Grab &amp; Go</b>			<b>2971</b>	<b>12474</b>	<b>351</b>	<b>122</b>	<b>55</b>	
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 Peperonata 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	

# Menu

↳ SK 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
<b>WK 1 Mon</b>			<b>1875</b>	<b>7879</b>	<b>228</b>	<b>81</b>	<b>40</b>	
Slow Cooked Spaghetti Bolognese with G...	1 Serving	324	584	2458	74	28	9.3	(A)
Grilled Veg Flatbread with Tzatziki & Cru...	1 Serving	134	345	1440	31	9.6	2.7	(B)
BBQ Bacon Ranch BLT	1 Serving	235	504	2117	59	22	10	(C)
Smoky Chicken & Pineapple with Coconu...	1 Serving	285	442	1864	64	21	18	(B)
<b>WK 1 Tue</b>			<b>1537</b>	<b>6446</b>	<b>165</b>	<b>64</b>	<b>33.2</b>	
Chicken, Chorizo, Sweet Potato Hash wit...	1 Serving	263	308	1290	27	17	8.1	(A)
Indian Tapas Pot with Mango Chutney	1 Serving	172	423	1781	66	7.9	8.3	(C)
Nacho Chilli Cheese Chicken Pasty	1 Serving	186	441	1846	34	23	12	(D)
Singapore Noodles with Edemame Beans ...	1 Serving	306	365	1529	38	16	4.8	(A)
<b>Wk 1 Wed</b>			<b>2790</b>	<b>11712</b>	<b>275</b>	<b>178</b>	<b>33.1</b>	
Marinated Roast Chicken Thigh with Skin...	1 Serving	378	493	2062	28	42	4.4	(A)
Honey Roast Gammon with Skin-On Roas...	1 Serving	246	312	1306	25	21	4	(A)
Slow Roast Pork with Skin-On Roast Pota...	1 Serving	334	434	1820	32	35	4.4	(A)
Roast Turkey & Stuffing	1 Serving	241	340	1429	27	28	1.4	(A)
Veggie Bangers with Mashed Potato Gravy	1 Serving	234	345	1439	24	16	2.3	(A)
Chicken Shawarma Hot Buddha Bowl	1 Serving	301	428	1803	57	20	6.6	(A)
Vegetable Tikka, with Pilau Rice, Naan & ...	1 Serving	554	438	1853	82	16	10	(A)
<b>Wk 1 Thur</b>			<b>2019</b>	<b>8488</b>	<b>256</b>	<b>85</b>	<b>33.8</b>	
Hot Honey Crispy Chicken & Steamed Rice	1 Serving	315	386	1634	71	16	13	(A)
Creamy Cajun Pasta Bake	1 Serving	286	668	2798	75	19	9.5	(C)
American Beef Cheese steak Baguette wi...	1 Serving	206	565	2369	57	27	5.2	(C)
Jerk Chicken Thigh with Rice & Peas	1 Serving	234	400	1687	53	23	6.1	(B)
<b>Wk 1 Fri</b>			<b>3550</b>	<b>14895</b>	<b>447</b>	<b>111</b>	<b>60</b>	
Hand Battered Fish And Chips	1 Serving	364	470	1989	81	25	0.5	(B)
Battered Fish with Chips	1 Serving	245	388	1628	46	15	1	(A)
Homemade Cheddar, Sage & Onion Sausa...	1 Serving	616	662	2762	63	16	3.4	(B)
Sweet Chilli & Soy Glazed Vegetable & No...	1 Serving	299	656	2754	88	17	18	(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)
Loaded Fries with Cheese, Bacon & Salsa	1 Serving	228	352	1477	37	14	1.9	(B)
Loaded Pizza Fries	1 Serving	255	421	1760	39	15	3.3	(C)
<b>Wk 2 Mon</b>			<b>1813</b>	<b>7627</b>	<b>201</b>	<b>108</b>	<b>23.6</b>	
Creamy Piri Piri Chicken with Garlic Orzo	1 Serving	246	433	1831	46	44	3.6	(A)

Curried Vegetable & Paneer Puff Pastry S...	1 Serving	156	406	1693	25	16	3.8	(D)
Hunters Chicken Folded Wrap	1 Serving	233	548	2306	65	28	5.2	(C)
Sweet & Sour Chicken Balls & Wok Fried ...	1 Serving	263	426	1797	65	20	11	(B)
Wk 2 Tue			2094	8790	250	80	27.2	
Crunchy Crumb Cheese Topped Cumberla...	1 Serving	246	459	1919	38	23	3.5	(B)
Cauliflower Cheese Yorkie, Mashed Potat...	1 Serving	475	499	2090	48	20	12	(B)
Tandoori Chicken Naan Wrap Pot	1 Serving	222	579	2433	78	18	2.5	(A)
Chicken Kofte Meatball Masala with Rain...	1 Serving	276	557	2348	86	19	9.2	(B)
Wk 2 Wed			1596	6706	206	57	18.8	
Crispy Vegetable Burger, Salsa & Wedges	1 Serving	325	584	2458	89	15	8.5	(A)
Chargrilled Signature Burger	1 Serving	237	540	2261	51	25	6.7	(C)
Bang Bang Chicken Fried Rice & Asian Sl...	1 Serving	240	472	1987	66	17	3.6	(C)
Wk 2 Thur			2385	10028	301	116	49	
Korean Pulled Pork with Kimchi & Fried R...	1 Serving	253	579	2443	82	36	7.7	(B)
Mac 'n' Cheese with Garlic Slice	1 Serving	368	770	3225	78	31	13	(B)
Nut Free Satay Chicken Bowl, Coconut Ri...	1 Serving	362	469	1974	63	23	11	(B)
Chilli Beef Noodle Stir Fry with Crispy Chi...	1 Serving	359	567	2386	78	26	17	(B)
Wk 2 Fri			1998	8395	282	55	45	
Crispy Falafel & Houmous Pitta pocket wi...	1 Serving	260	476	2001	68	12	4.3	(A)
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)
Loaded Pizza Fries	1 Serving	255	421	1760	39	15	3.3	(C)
Singapore Noodles with Vegetable Spring...	1 Serving	288	500	2109	82	19	5.7	(A)
Wk 3 Mon			2123	8936	268	112	24	
Southern Baked Ranch Chicken & Rice Po...	1 Serving	286	559	2358	73	37	4.8	(B)
Slow Roasted Tomato & Basil Pasta with ...	1 Serving	377	667	2802	84	27	9.4	(A)
Toasted Sourdough Reuban Sandwich	1 Serving	203	465	1951	50	22	5.3	(C)
Salt & Pepper Chicken with Chip Shop Cu...	1 Serving	228	432	1825	61	26	4.5	(A)
Wk 3 Tue			2497	10476	299	91	26.1	
Jumbo Sausage in a Crusty Baguette with...	1 Serving	363	819	3434	99	24	8.2	(B)
Veggie Sausage in a Crusty Baguette wit...	1 Serving	340	631	2653	87	25	7.4	(A)
Crispy Chicken Stack Burger	1 Serving	228	506	2123	61	19	4.7	(A)
Chicken Saag with Coconut Rice & Indian ...	1 Serving	312	541	2266	52	23	5.8	(B)
Wk 3 Wed			1312	5492	126	54	17.9	
Roast Butternut Squash Wellington with ...	1 Serving	286	417	1747	45	13	6	(B)
Chicken Shawarma Orzo Buddha Bowl	1 Serving	301	421	1769	53	21	8.1	(A)
Hot Nachos topped with Beef Chilli, Jalap...	1 Serving	254	474	1976	28	20	3.8	(C)
Wk 3 Thur			2030	8524	252	73	44	
Tex Mex Pulled Pork/ Chicken with Bosto...	1 Serving	267	377	1586	38	29	15	(B)

Veggie Biryani, Curry Sauce with Naan & ...	1 Serving	250	631	2651	91	11	14	(B)
BBQ Meatball & Cheese Hotpocket Turno...	1 Serving	177	466	1946	35	19	7.3	(D)
Vegetable Tikka Open Burrito with Mint Y...	1 Serving	279	556	2341	88	14	7.8	(B)
Wk 3 Fri			1029	4322	146	24.4	25	
Sweet Chilli Crispy Mac 'n' Cheese Bites ...	1 Serving	245	411	1728	63	9.4	11	(C)
Oriental BBQ Vegetable Stir Fry Noodles ...	1 Serving	275	618	2594	83	15	14	(C)

TOTALS:			87910	369218	3702	1289	501	
AVERAGES:			1374	5769	58	20.1	7.8	