

Chicken Tikka.

Served with Brown Basmati Rice and Steamed Green Beans.

Chicken Breast, Brown Basmati Rice, Green Beans, Tomato Puree, **Low Fat Yoghurt**, **Reduced Fat Single Cream**, Tomato Passata, Onions, Garlic Puree, Ginger Puree, Olive Oil, Lemon Juice (Contains Potassium Metabisulphite), Tandoori Masala, Garam Masala, Star Anise, Cardamom Pod, Salt, Black Pepper, Sweetener.

Italian Chicken.

Served with Whole Wheat Pasta and Steamed Broccoli.

Chicken Breast, Whole Wheat Pasta (**Gluten**), Broccoli, Oregano, Basil, Chilli Flakes, Garlic Granules, Salt.

Salt & Pepper Chicken 1.

Served with Noodles and Mixed wok veg.

Chicken Breast, Noodles (**Wheat**), Tenderstem Broccoli, Green Beans, Spinach, **Soy Sauce**, **Sesame** oil, Olive Oil, Salt, Black Pepper.

Cajun Chicken.

Served with Mexican Rice and Roast Peppers.

Chicken Breast, Brown Basmati Rice, Peppers, Tomato Puree, Marjoram, Smoked Paprika, Cumin, Thyme, Oregano, Basil, Paprika, Black Pepper, White Pepper, Salt.

Salmon Tikka.

Served with Noodles and Mixed Wok Veg

Smoked Salmon Fillet, Noodles (**Wheat**), Tenderstem Broccoli, Green Beans, Spinach, **Soy Sauce**, **Sesame** oil, Tomato Puree, **Yoghurt**, **Reduced Fat Single Cream**, Tomato Passata, Onions, Garlic Puree, Ginger Puree, Olive Oil, Lemon Juice (Contains Potassium Metabisulphite), Tandoori Masala, Garam Masala, Star Anise, Cardamom Pod, Salt, Black Pepper, Sweetener.

Chilli con Carne.

Served with Mexican Rice and Steamed Green Beans.

Lean Steak Mince, Brown Rice, Green Beans, Kidney Beans, Peppers, Jalapeno, Cumin, Marjoram, Smoked Paprika, Tomato Puree, Tomato Pasatta, Garlic Puree, Salt.

Bolognese.

Served with Whole Wheat Pasta and Steamed Broccoli.

Lean Beef Mince, Whole Wheat Pasta (**Gluten**), Broccoli, Tomato Passata, Carrots, **Celery**, Onion, Olive Oil, Salt, Black Pepper.

Salt & Pepper Chicken 2.

Served with Boiled Baby Potatoes and Steamed Broccoli.

Chicken Breast, Baby Potatoes, Broccoli, Olive Oil, Salt, Pepper.

Meatballs

Served with Whole Wheat Pasta & Steamed Green Beans.

Lean Beef Mince, Whole Wheat Pasta (**Gluten**), Green Beans, Tomato Passata, Onion, Garlic, Fresh Parsley, Salt, Black Pepper, Olive Oil.

Chicken Tikka Masala.

Served with White Basmati Rice and Roast Peppers.

Chicken Breast, White Basmati Rice, Peppers, Tomato Puree, **Low Fat Yoghurt**, **Reduced Fat Single Cream**, Tomato Passata, Onions, Garlic Puree, Ginger Puree, Olive Oil, Lemon Juice (Contains Potassium Metabisulphite), Turmeric, Paprika, Tandoori Masala, Garam Masala, Fresh Coriander, Star Anise, Cardamom Pod, Salt, Black Pepper, Sweetener.

Chicken and Vegetable Chow Mein.

Chicken Breast, Noodles (**Wheat**), Peppers, Onions, Reduced Salt Gravy, **Soy** Sauce, Olive Oil, Salt, Black Pepper.

Chicken Pesto Penne.

Chicken Breast, Whole Wheat Pasta (**Gluten**), Pesto (Basil, Pine **Nuts**, Cashew **Nuts**, Olive Oil, Sunflower Oil, Salt, Pepper), Salt, Pepper.

Chicken Arrabbiata.

Chicken Breast, Whole Wheat Pasta (**Gluten**), Tomato Passata, Garlic, Fresh Parsley, Chilli Flakes, Olive Oil, Salt, Pepper.

Chickpea and Lentil Curry.

Served with White Basmati Rice and Steamed Broccoli.

Chickpeas, Lentils, White Basmati Rice, Steamed Broccoli, Chopped White Onions, Ginger Puree, Garlic Puree, Tomato Puree, Tomato Passata, Olive Oil, **Reduced Fat Coconut Milk**, Fresh Coriander, Paprika, Turmeric, Madras Curry Powder, Amchoor Powder, Star Anise, Cardamom Pod, Salt, Black Pepper.

Thai Red Curry.

Served with White Basmati Rice and Steamed Green Beans.

Chicken Breast, White Basmati Rice, Green Beans, **Reduced Fat Coconut Milk**, Onions, Thai Red Curry Paste (Contains **Shellfish**), Tomato Passata, Water, Garlic Puree, Ginger Puree, Tomato Puree, Olive Oil, Paprika, Turmeric, Star Anise, Cardamom Pods, Salt, Black Pepper.

Chinese Curry.

Served White Basmati Rice and Tenderstem Broccoli.

Chicken Breast, White Basmati Rice, Tenderstem Broccoli, Onions, Chinese Curry Paste, Tomato Passata, Water, **Low Fat Yoghurt**, Garlic Puree, Ginger Puree, Tomato Puree, Olive Oil, Paprika, Turmeric, Star Anise, Cardamom Pods, Salt, Black Pepper.

Mince and Tatties.

Served with Sweet Potato Mash and Steamed Carrots.

Lean Steak Mince, Sweet Potato, Carrots, Low Salt Gravy, Onion, Salt, Black Pepper.

Roast Chicken Dinner.

Served with Boiled Baby Potatoes, Steamed Green Beans & Gravy.

Chicken Breast, Baby Potatoes, Green Beans, Reduced Salt Gravy, Olive Oil, Salt, Black Pepper.