

Main Meals – Chinese and Indian Dishes

Chicken Tikka

Chicken – Chicken breast (99%), Salt.

Tikka sauce

Nutritional Analysis

Energy	447.00 kJ per 100g	Fat	7.20 g per 100g
Energy	106.84 kcal per 100g	... of which saturates	2.70 g per 100g
Protein	1.30 g per 100g monounsaturates	0.00 g per 100g
Carbohydrates	8.60 g per 100g polyunsaturates	0.00 g per 100g
... of which sugars	4.50 g per 100g	Fibre	1.30 g per 100g
		Salt	0.81 g per 100g

Contains : MILK.

Suitable for Vegetarian diets.

Ingredients

Tomatoes (39%);
Water
Onion (7.9%)
Fresh Cream (from **MILK**) (5%)
Sunflower Oil
Modified Maize Starch
Sugar
Coconut
Skimmed MILK Yoghurt Powder
Desiccated Coconut
Coriander (0.9%)
Salt
Spices
Ginger (0.6%)
Curry Powder
Acid (Lactic Acid)
Colour (Paprika Extract)
Lemon Juice
Mint
Garlic (0.1%)

Rice is served with this too – No allergens

Chicken Korma

Chicken – Chicken breast (99%), Salt.

Korma sauce :

Nutritional Analysis

Energy	598.00 kJ per 100g	Fat	9.70 g per 100g
Energy	142.93 kcal per 100g	... of which saturates	5.90 g per 100g
Protein	1.30 g per 100g monounsaturates	0.00 g per 100g
Carbohydrates	11.20 g per 100g polyunsaturates	0.00 g per 100g
... of which sugars	6.70 g per 100g	Fibre	1.70 g per 100g
		Salt	0.81 g per 100g

Contains : MILK.

Suitable for Vegetarian diets.

Ingredients

Water

Tomatoes (14%)

Onions (7.9%)

Fresh Cream (from **MILK**) (7.2%)

Coconut (4.8%)

Sugar

Sunflower Oil

Desiccated Coconut (2.9%)

Modified Maize Starch

Salt

Skimmed MILK Yoghurt Powder

Acid (Lactic Acid)

Spices

Ginger

Curry Powder (0.4%)

Coriander

Garlic

Colours (Beta-Carotene, Paprika Extract)

Rice is served with this too – No allergens

Vegetable & Chick Pea Balti

Mushrooms, Spring Onions, Baby corn, Courgettes, **CELERY**, Red pepper, Yellow pepper, Green pepper

Chick peas – contain chick peas, water & salt

Balti Sauce:

Nutritional Analysis

Energy	323.00 kJ per 100g	Fat	4.40 g per 100g
Energy	77.20 kcal per 100g	... of which saturates	0.50 g per 100g
Protein	1.00 g per 100g monounsaturates	0.00 g per 100g
Carbohydrates	7.70 g per 100g polyunsaturates	0.00 g per 100g
... of which sugars	4.30 g per 100g	Fibre	1.20 g per 100g
		Salt	0.80 g per 100g

This product does not contain any of the FSA standard 14 allergens.

Suitable for Vegetarian and Vegan diets.

Ingredients

Tomatoes (64%)
Onion (11%)
Water
Lemon Juice
Sunflower Oil
Modified Maize Starch
Spices
Sugar
Coriander (1.3%)
Salt
Ginger (0.7%)
Roasted Onion Paste (Onion, Sunflower Oil, Salt)
Garlic
Herb
Colour (Paprika Extract)

Rice is served with this too – No allergens

Chicken Sweet & Sour

Chicken – Chicken breast (99%), Salt.

Sweet & Sour sauce -

Nutritional Analysis

Energy	332.00 kJ per 100g	Fat	0.20 g per 100g
Energy	79.35 kcal per 100g	... of which saturates	0.00 g per 100g
Protein	0.40 g per 100g monounsaturates	0.00 g per 100g
Carbohydrates	17.90 g per 100g polyunsaturates	0.00 g per 100g
... of which sugars	15.10 g per 100g	Fibre	0.90 g per 100g
		Salt	0.73 g per 100g

Contains : CELERY.

Suitable for Vegetarian and Vegan diets.

Ingredients

Water
Tomatoes
Sugar
Onion (9.8%)
Carrot (5.9%)
Vinegar
Pineapple (4.7%)
Green Pepper (3.9%)
Modified Maize Starch
Red Pepper (2.6%)
CELERY (2.6%)
Bamboo Shoots (2%)
Salt
Tamarind Juice
Colour (Paprika Extract)
Spice

Rice is served with this too – No allergens

Barbecue Chicken

Chicken – Chicken breast (99%), Salt.

Barbecue sauce - Barbecue sauce – Water, Sugar, Tomato paste, Spirit vinegar, Glucose-fructose syrup, Modified maize starch, Bramley apple puree (contains preservative – **SODIUM METABISULPHITE**), Salt, Apple juice concentrate, Acidity regulator (acetic acid), Colour (ammonia caramel), Smoke flavourings, Preservative (potassium sorbate), Stabiliser (xanthan gum), Paprika, Dried garlic, Dried onion, Black pepper, Cayenne pepper.

Rice is served with this too – No allergens

Szechuan Pork

Pork – Diced Pork

Szechuan sauce :-

Nutritional Analysis

Energy	441.00 kJ per 100g	Fat	3.40 g per 100g
Energy	105.40 kcal per 100g	... of which saturates	0.50 g per 100g
Protein	1.00 g per 100g monounsaturates	0.00 g per 100g
Carbohydrates	17.00 g per 100g polyunsaturates	0.00 g per 100g
... of which sugars	13.10 g per 100g	Fibre	0.40 g per 100g
		Salt	1.21 g per 100g

Contains : CELERY, SESAME, SOYA.

Suitable for Vegetarian and Vegan diets.

Ingredients

Tomatoes (36%)

Water

Sugar

SOY Sauce (7%) (Water, **SOY** Beans, WHEAT, Salt)

Modified Maize Starch

Sunflower Oil

SESAME Oil (1.5%)

Vinegar

Ginger

Natural Flavour (Contains **CELERY**)

Acid (Lactic Acid)

Spices (Chillies, Chilli Powder)
Colour (Paprika Extract)
Rice is served with this too – No allergens

Veggie Sweet & Sour

Mushrooms, Spring Onions, Baby corn, Courgettes, **CELERY**, Red, Yellow and Green peppers,

Chick peas – contain chick peas, water & salt

Sweet & Sour sauce :

Nutritional Analysis

Energy	499.00 kJ per 100g	Fat	0.10 g per 100g
Energy	119.26 kcal per 100g	... of which saturates	0.00 g per 100g
Protein	0.20 g per 100g monounsaturates	0.00 g per 100g
Carbohydrates	28.10 g per 100g polyunsaturates	0.00 g per 100g
... of which sugars	24.70 g per 100g	Fibre	0.30 g per 100g
		Salt	0.80 g per 100g

Contains : CELERY

Suitable for Vegetarian and Vegan diets.

Ingredients

Water,
Sugar
Tomatoes (20%)
Vinegar
Modified Maize Starch
Salt
Tamarind Juice
Colour (Paprika Extract)
Spices (Contains **CELERY**, Ginger Powder)
Garlic Powder

Rice is served with this too – No allergens

Naan Bread

Nutritional Analysis

Energy	1161.00 kJ per 100g	Fat	3.40 g per 100g
Energy	277.49 kcal per 100g	... of which saturates	0.40 g per 100g
Protein	7.50 g per 100g monounsaturates	0.00 g per 100g
Carbohydrates	52.20 g per 100g polyunsaturates	0.00 g per 100g
... of which sugars	0.60 g per 100g	Fibre	2.20 g per 100g
		Salt	0.93 g per 100g

Contains : GLUTEN, WHEAT.

Suitable for Vegetarian and Vegan diets.

Ingredients

WHEAT Flour (Fortified with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Yeast, Salt, Kalonji Seeds (0.5%), Dextrose.

Poppodoms

Nutritional Analysis

Energy	1298.00 kJ per 100g	Fat	0.20 g per 100g
Energy	310.23 kcal per 100g	... of which saturates	0.10 g per 100g
Protein	16.90 g per 100g monounsaturates	0.00 g per 100g
Carbohydrates	60.30 g per 100g polyunsaturates	0.00 g per 100g
... of which sugars	0.80 g per 100g	Fibre	9.10 g per 100g
		Salt	6.00 g per 100g

This product does not contain any of the FSA standard 14 allergens.

Suitable for Vegetarian and Vegan diets.

Ingredients

Urid Flour, Salt, Rice Flour, Anti-caking Agent (Calcium Carbonate),

Sunflower Oil.