

# HOT MEALS SELECTION

## LUNCH - WEEK 1

	2-Feb-20	3-Feb-20	4-Feb-20	5-Feb-20	6-Feb-20
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Protein 1</b>	<b>Honey Garlic Slow Cooked Chicken</b>	<b>Butter Chicken</b>	<b>Stir fry chicken</b>	<b>Chicken Malai Tikka</b>	<b>Shish Taouk &amp; garlic sauce</b>
<b>Ingredients</b>	chicken, soysauce, ketchup, honey, garlic, basil.	chicken, water, tomatoes, onion, cream , honey, ground coriander, olive oil, turmeric, ginger, garlic, salt, fenugreek leaves, chilli powder, ground cumin, cardomon.	oil, chicken, broccolli, bell pepper, carrots, garlic, soy sauce	chicken cubes, cream, mozeralla cheese, yogurt, lemon juice, oil, flour, seasoning	chicken breast, lemon juice, yogurt, garlic, tomato paste, oregano, labna cinnamon, cardamom, onion, parsley, seasoning.
<b>kcal/100g</b>	175	180	155	185	167
<b>Protein 2</b>	<b>Pot Roast Beef with Mushroom Sauce</b>	<b>Fish Fingers</b>	<b>Meat Lasagna</b>	<b>Dawood Basha</b>	<b>Salisbury Steak with Mushrooms</b>
<b>Ingredients</b>	beef, water, worcestershire sauce , wholemeal wheat flour, butter , mushroom,mustard, salt, black pepper, rosemary.	fish strips, bread crumbs, egg, flour, oil, seasoning	pasta sheet, garlic, oregano, ground beef, cheese, egg tomato sauce salt & pepper.	diced lamb, onion, yogurt, spices, oil, seasoning	beef, onion, egg, bread crumbs, salt, pepper, onion, mushroom, flour, water.
<b>kcal/100g</b>	108	152	149	160	223
<b>Vegetarian</b>	<b>Blushing Penne Pasta</b>	<b>Veg Methi Malai</b>	<b>Veg moussaka</b>	<b>Pasta Arabiatta</b>	<b>Veghakka noodles</b>
<b>Ingredients</b>	penne pasta, butter, onion, thyme, basil, salt, cheese, cream, tomato paste, flour.	potatoes, carrots, onion, green beans, yellow bellpepper, tomato paste, oil, fenugreek leaves, sesoning.	mixed vegetable, salt, pepper, tomato paste, onion, garlic	pasta, water, tomatoes, onion, tomatoe paste, parmesan cheese olives, garlic, olive oil, salt, parsley	egg noodles, garlic, onion, cabbage, carrot, spring onion, coriander leaves
<b>kcal/100g</b>	135	93	115	150	165
<b>Carbohydrates</b>	<b>Creamy Mashed Potato</b>	<b>Steamed Rice</b>	<b>Steamed Rice</b>	<b>Tandoori Potatoes</b>	<b>Potato Wedges</b>
<b>Ingredients</b>	potato, water, milk, butter , salt, pepper.	water, rice, salt.	water, rice, salt.	potato, garlic, olive oil, oregano, black pepper, salt.	potato, garlic, olive oil, oregano, black pepper, salt.
<b>kcal/100g</b>	70	145	145	99	100
<b>Vegetable</b>	<b>Buttered Veg</b>	<b>Braised Winter Veg</b>	<b>Grilled Veg</b>	<b>Basil scented veggies</b>	<b>Pesto Twist</b>
<b>Arabic Food</b>	<b>Chicken Mandi</b>	<b>Chicken Maklooba</b>	<b>Chicken Biryani</b>	<b>Chicken Kabsa</b>	<b>Chicken Machboos</b>
<b>Ingredients</b>	water, chicken, basmati rice, onion, tomatoes, lemon, lemon juice, olive oil, butter ghee , tomatoe paste, salt, garlic, ginger, turmeric, black pepper, cardomon, cinnamon, cloves, bay leaf.	chicken, onion, eggplant, cauliflower, rice, garlic, seasoning, oil.	water, chicken, basmati rice, onion, tomatoes, butter ghee ,yoghurt, ground coriander, coriander leaves, mint, sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, basmati rice, onion, tomatoes, butter ghee , ground coriander, coriander leaves, carrot mint sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, rice, green peppers, carrots, onion, olive oil, lemon peel, tomato paste, ground coriander, yogurt, coriander leaves, salt, mint, garlic, ginger, mixed spices, turmeric, black pepper, cardamon, cinnamon, cloves.

kcal/100g

114

168

120

161

127

# HOT MEALS SELECTION

## LUNCH - WEEK 2

	9-Feb-20	10-Feb-20	11-Feb-20	12-Feb-20	13-Feb-20
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Protein 1</b>	<b>Beef Steak With Mushroom Sauce</b>	<b>Crispy Chilly Chicken w/ Veggies</b>	<b>Chicken Stroganoff</b>	<b>Sweet Chilly Fish</b>	<b>Chicken crunchy fingers</b>
<b>Ingredients</b>	beef, water, worcestershire sauce , wholemeal wheat flour, butter , mushroom,mustard, salt, black pepper, rosemary.	chicken, soya sauce, pepper, corn flour, salt, onion, garlic, bell pepper, spring onion.	chicken, garlic, salt, pepper, oil, onion, mushrooms, butter, mustard.	fish, salt, pepper, flour, garlic, onion, tomato, water, rice vinegar	chicken, breadcrumbs, salt, pepper, egg, cooking oil.
<b>kcal /100g</b>	108	139	189	105	115
<b>Protein 2</b>	<b>Lebanese Fish Harra Style</b>	<b>Beef and Okra Stew</b>	<b>Meat Lasagne</b>	<b>Butter Chicken</b>	<b>Spaghetti Bolognese</b>
<b>Ingredients</b>	fish, tomatoes, green peppers, water, onion, coriander leaves, lemon juice, olive oil, salt, garlic, mustard, dill, paprika, black pepper.	beef, okra, vegetable oil, onion, garlic, coriander, cumin, pepper, tomatoes, ginger, salt.	pasta sheet, minced meat, onion, tomato, flour, milk, butter, cheese, seasoning.	chicken, water, tomatoes, onion, cream , honey, ground coriander, olive oil, turmeric, ginger, garlic, salt, fenugreek leaves, chilli powder, ground cumin, cardamon.	Bolognese : Minced meat, onion, garlic, grated carrot, tomato sauce, olive oil, salt, pepper. Served with parmesan cheese
<b>kcal /100g</b>	80	125	167	80	165
<b>Vegetarian</b>	<b>Spaghetti in Tomato Sauce</b>	<b>Pasta Arabiatta</b>	<b>Stirfried Tofu with vegetables</b>	<b>Mexican veg Enchiladas</b>	<b>Ratatouille</b>
<b>Ingredients</b>	pasta, olive oil, salt, garlic, onion, tomato, bell peppers, oregano	pasta, water, tomatoes, onion, mushrooms, tomato paste, parmesan cheese olives, garlic, olive oil, salt, parsley	Tofu, green beans, carrots, pepper, soy sauce, ginger, oil,seasonings	tortilla bread, veggies, seasoning, cheese.	Tomatoes, Potato, Carrots, Eggplant, Squash, Marrow, Green Peppers, Tomato Paste, Onion, Garlic, Basil, Olive Oil, Salt, Ground Coriander, Fennel Seeds, Black Pepper.
<b>kcal /100g</b>	118	139	105	146	32
<b>Carbohydrates</b>	<b>Creamy Mashed Potato</b>	<b>Cajun spiced Potatoes</b>	<b>Steam Rice</b>	<b>Tandoori Potatoes</b>	<b>Potato Wedges</b>
<b>Ingredients</b>	potato, water, milk, butter , salt, pepper.	potato, garlic, olive oil, oregano, cajun spices,black pepper, salt.	water, rice, salt.	potato, garlic, olive oil, oregano, black pepper, salt.	potato, garlic, olive oil, oregano, black pepper, salt.
<b>kcal /100g</b>	63	100	145	99	100
<b>Vegetable</b>	<b>Steamed Greens</b>	<b>Honeyd carrots and Corn</b>	<b>Braised Roots</b>	<b>Grilled Veg</b>	<b>Glazed Veggies</b>
<b>Arabic Food</b>	<b>Chicken Mandi</b>	<b>Chicken Maklooba</b>	<b>Chicken Biryani</b>	<b>Chicken Kabsa</b>	<b>Chicken Machboos</b>
<b>Ingredients</b>	water, chicken, basmati rice, onion, tomatoes, lemon, lemon juice, olive oil, butter ghee , tomatoe paste, salt, garlic, ginger, turmeric, black pepper, cardomon, cinnamon, cloves, bay leaf.	chicken, onion, eggplant, cauliflower, rice, garlic, seasoning, oil.	water, chicken, basmati rice, onion, tomatoes, butter ghee ,yoghurt, ground coriander, coriander leaves, mint, sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, basmati rice, onion, tomatoes, butter ghee , ground coriander, coriander leaves, carrot mint, sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, rice, green peppers, carrots, onion, olive oil, lemon peel, tomato paste, ground coriander, yogurt, coriander leaves, salt, mint, garlic, ginger, mixed spices, turmeric, black pepper, cardamon, cinnamon, cloves.

kcal/100g	114	168	120	161	127
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# HOT MEALS SELECTION

## LUNCH - WEEK 3

	16-Feb-20	17-Feb-20	18-Feb-20	19-Feb-20	20-Feb-20
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Protein 1</b>	<b>Creamy Cheesy Chicken</b>	<b>Fish Florentine</b>	<b>Baked Fish Sweet Chilly Sauce</b>	<b>Meat Lasagna</b>	<b>Honey Garlic Slow Cooked Chicken</b>
<b>Ingredients</b>	chicken, sour cream, salt, pepper, butter, cheddar cheese	fish, olive oil, bell pepper, garlic, baby spinach, cream cheese, parmesan cheese, salt & pepper.	fish, lime juice, salt, flour, olive oil, coriander, garlic, vinegar, sugar.	pasta sheet, garlic, oregano, ground beef, cheese, egg tomato sauce salt & pepper.	chicken, soysauce, ketchup, honey, garlic, basil.
<b>kcal/100g</b>	125	151	135	149	175
<b>Protein 2</b>	<b>Slow Roast Beef w/ Mushroom Sauce</b>	<b>Baked Honey Mustard Chicken</b>	<b>Butter Chicken</b>	<b>Chicken Tikka Masala</b>	<b>Beef Bulgogi</b>
<b>Ingredients</b>	beef, water, worcestershire sauce , wholemeal wheat flour, butter , mushroom,mustard, salt, black pepper, rosemary.	chicken, salt, pepper, honey, mustard, basil, paprika, parsley	chicken, water, tomatoes, onion, cream , honey, ground coriander, olive oil, turmeric, ginger, garlic, salt, fenugreek leaves, chilli powder, ground cumin, cardomon.	chicken, yogurt, garlic, ginger, garam masala, turmeric, cumin, olive oil, butter, onion, coriander, tomato puree, salt, cream.	beef, soysauce, sugar, onion, garlic, olive oil, pepper.
<b>kcal/100g</b>	108	232	180	180	232
<b>Vegetarian</b>	<b>Artichoke Florentine Pasta</b>	<b>Fussili Arabiatta</b>	<b>Stirfried Tofu with vegetables</b>	<b>Pommes Gratin</b>	<b>Vegetarian Burritos</b>
<b>Ingredients</b>	penne, buuter, garlic, spinach, flour, milk, cream cheese, salt, pepper, cayenne pepper, artichoke.	pasta, water, tomatoes, onion, tomatoe paste, parmesan cheese olives, garlic, olive oil, salt, parsley	Tofu, green beans, carrots, pepper, soy sauce, ginger, oil,seasonings	butter, cream, thyme, garlic, salt, pepper, potato, cheese.	tortilla, onion, vegetable oil, bell pepper, corn, carrot, black beans, tomato, cheese, sour cream, cilantro
<b>kcal/100g</b>	123	139	105	125	187
<b>Carbohydrates</b>	<b>Parmentier Potatoes</b>	<b>Steam Rice</b>	<b>Steam Rice</b>	<b>Creamy Mashed Potato</b>	<b>Potato Wedges</b>
<b>Ingredients</b>	olive oil, potato, thyme, garlic, rosemary.	water, rice, salt.	water, rice, salt.	potato, water, milk, butter , salt, pepper.	potato, garlic, olive oil, oregano, black pepper, salt.
<b>kcal/100g</b>	161	145	145	63	100
<b>Vegetable</b>	<b>Ginger Honey Glazed Veg</b>	<b>Buttered Veg</b>	<b>Saute vegetables</b>	<b>Grilled Veggies</b>	<b>Veg Saute</b>

<b>Arabic Food</b>	<b>Chicken Mandi</b>	<b>Chicken Maklooba</b>	<b>Chicken Biryani</b>	<b>Chicken Kabsa</b>	<b>Chicken Machboos</b>
<b>Ingredients</b>	water, chicken, basmati rice, onion, tomatoes, lemon, lemon juice, olive oil, butter ghee , tomatoe paste, salt, garlic, ginger, turmeric, black pepper, cardomon, cinnamon, cloves, bay leaf.	chicken, onion, eggplant, cauliflower, rice, garlic, seasoning, oil.	water, chicken, basmati rice, onion, tomatoes, butter ghee ,yoghurt, ground coriander, coriander leaves, mint, sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, basmati rice, onion, tomatoes, butter ghee , ground coriander, coriander leaves, carrot mint, sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, rice, green peppers, carrots, onion, olive oil, lemon peel, tomato paste, ground coriander, yogurt, coriander leaves, salt, mint, garlic, ginger, mixed spices, turmeric, black pepper, cardamon, cinnamon, cloves.
<b>kcal/100g</b>	114	168	120	161	127

## HOT MEALS SELECTION LUNCH - WEEK 4

	23-Feb-20	24-Feb-20	25-Feb-20	26-Feb-20	27-Feb-20
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Protein 1</b>	<b>Creamy Cheesy Chicken</b>	<b>Chicken Stroganoff</b>	<b>Sweet Chilly Fish</b>	<b>Slow Roast Beef w/ Mushroom Sauce</b>	<b>Corn Flakes Crusted Chicken Fillets</b>
<b>Ingredients</b>	Chicken, sour cream, salt, pepper, butter, cheddar cheese	Chicken, Garlic, Salt, Pepper, Oil, Onion, Mushrooms, Butter, Mustard.	fish, salt, pepper, flour, garlic, onion, tomato, water, rice vinegar	Beef, Water, Worcestershire Sauce , Wholemeal Wheat Flour, Butter , Mushroom, Mustard, Salt, Black Pepper, Rosemary.	Chicken, corn flakes, Bread crumb, Wholemeal Wheat Flour, Egg, olive oil, Mustard, Lemon Juice, Salt, Black Pepper, Thyme.
<b>kcal/100g</b>	125	189	105	108	214
<b>Protein 2</b>	<b>Slow Cooked lamb Casserole</b>	<b>Meat Lasagne</b>	<b>Butter Chicken</b>	<b>Roast Chicken in lemon Butter Sauce</b>	<b>Bbq Chicken thighs</b>
<b>Ingredients</b>	Lamb, Water, Tomatoes, Potato, Carrots, Marrow, Tomatoe Paste, Onion, Olive Oil, Garlic, Paprika, Oregano, Salt, Black Pepper.	Pasta Sheet, Minced Meat, Onion, Tomato, Flour, Milk, Butter, Cheese, Seasoning.	Chicken, Water, Tomatoes, Onion, Cream , Honey, Ground Coriander, Olive Oil, Turmeric, Ginger, Garlic, Salt, Fenugreek Leaves, Chilli Powder, Ground Cumin, Cardomon.	Chicken, butter, lemon zest, pepper, olive oil, onion, garlic, thyme, oregano,	Mustard paste, Chicken, Worecesthere sauce, honey, olive oil seasoning
<b>kcal/100g</b>	102	167	70	115	193
<b>Vegetarian</b>	<b>Spaghetty with Sundried Tomato sauce</b>	<b>Stirfried Tofu with vegetables</b>	<b>Vegetable Lasagne</b>	<b>Pasta Arabiatta</b>	<b>Mac n Cheese</b>
<b>Ingredients</b>	Spaghetti, Tomatoes, Water, Tomatoe Paste, Onion, Tomato Ketchup Celery, Garlic, Celery, Parsley, Basil, Olive Oil, Salt, Black Pepper, Sugar.	Tofu, green beans, carrots, pepper, soy sauce, ginger, oil, seasonings	pasta sheet, mix vegetables, onion, tomato, flour, milk, butter, cheese, seasoning.	Pasta, Water, Tomatoes, Onion, Mushrooms, Tomatoe Paste, Parmesan Cheese Olives, Garlic, Olive Oil, Salt, Parsley	Pasta, Milk, Cheddar Cheese, Cream , Wholemeal Wheat Flour, Butter, Parmesan Cheese, Basil, Salt, Black Pepper.
<b>kcal/100g</b>	146	105	137	139	207
<b>Carbohydrates</b>	<b>Steam Rice</b>	<b>Steam Rice</b>	<b>Potato Layonnaise</b>	<b>Creamy Mashed Potato</b>	<b>Potato Wedges</b>
<b>Ingredients</b>	water, rice, salt.	water, rice, salt.	potato, onion, water, garlic, celery, butter , parsley, salt, black pepper.	potato, water, milk, butter , salt, pepper.	potato, garlic, olive oil, oregano, black pepper, salt.
<b>kcal/100g</b>	145	145	70	63	100

<b>Vegetable</b>	<b>Glazed Vegetables</b>	<b>Buttered Peas and Corn</b>	<b>Saute Veggies</b>	<b>Grilled Veggies</b>	<b>Tossed Broccoli And Baby carrot</b>
<b>Arabic Food</b>	<b>Chicken Mandi</b>	<b>Chicken Maklooba</b>	<b>Chicken Biryani</b>	<b>Chicken Kabsa</b>	<b>Chicken Machboos</b>
<b>Ingredients</b>	water, chicken, basmati rice, onion, tomatoes, lemon, lemon juice, olive oil, butter ghee , tomatoe paste, salt, garlic, ginger, turmeric, black pepper, cardomon, cinnamon, cloves, bay leaf.	chicken, onion, eggplant, cauliflower, rice, garlic, seasoning, oil.	water, chicken, basmati rice, onion, tomatoes, butter ghee ,yoghurt, ground coriander, coriander leaves, mint, sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, basmati rice, onion, tomatoes, butter ghee , ground coriander, coriander leaves, carrot mint, sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, rice, green peppers, carrots, onion, olive oil, lemon peel, tomato paste, ground coriander, yogurt, coriander leaves, salt, mint, garlic, ginger, mixed spices, turmeric, black pepper, cardamon, cinnamon, cloves.
<b>kcal/100g</b>	114	168	120	161	127