

HOT MEALS SELECTION

LUNCH - WEEK 1

| | 5-Jan-20 | 6-Jan-20 | 7-Jan-20 | 8-Jan-20 | 9-Jan-20 |
|----------------------|---|---|---|---|---|
| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| Protein 1 | Meat Lasagna | Pan Fried Chicken w/ lemony roasted brocolli | Butter Chicken | Creamy Garlic Butter Tuscan Fish | Rosemary Ranch Chicken Kebab |
| Ingredients | pasta sheet, garlic, oregano, ground beef, cheese, egg tomato sauce salt & pepper. | broccoli, garlic, olive oil, salt, pepper, chicken, flour, lemon, lemon juice | chicken, water, tomatoes, onion, cream , honey, ground coriander, olive oil, turmeric, ginger, garlic, salt, fenugreek leaves, chilli powder, ground cumin, cardomon. | fish, salt, pepper, olive oil, butter, garlic, onion, dried tomato, spinach leaves, parmesan cheese, flour, parsley | olive oil, ranch dressing, worcestershire sauce, rosemary, salt, lemon juice, white vinegar, black pepper, sugar, chicken |
| kcal/100g | 149 | 165 | 80 | 182 | 178 |
| Protein 2 | Chicken Stroganoff | Lamb Meat Balls | Crispy Fish & Chips w/ Sauce on a side | Beef Stroganoff | Slow Cooker Pot Roast |
| Ingredients | chicken, garlic, salt, pepper, olive oil, onion, mushrooms, butter, flour, mustard, sour cream , parsley. | ground lamb, egg, garlic, pasrley, oregano, cumin, salt, pepper, black pepper, olive oil, tomato sauce. | fish, olive oil, flour, salt, black pepper, egg. | beef, olive oil, onion, mushrooms, butter, flour, mustard, sourcream, salt, pepper | beef, salt, black pepper, olive oil, flour, tomato paste, worcestershire sauce, potato, carrots, onion, garlic, thyme, parsley. |
| kcal/100g | 189 | 184 | 139 | 198 | 189 |
| Vegetarian | Blushing Penne Pasta | Vegetable Noodles | Vegetable Lasagne | Pasta Arabiatta | Pasta Fagioli AlForno |
| Ingredients | penne pasta, butter, onion, thyme, basil, salt, cheese, cream, tomato paste, flour. | noodles, cabbage, carrots, green peppers, onion, garlic, spring onion, salt, olive oil, black pepper. | pasta sheet, mix vegetables, onion, tomato, flour, milk, butter, cheese, seasoning. | pasta, water, tomatoes, onion, tomatoe paste, parmesan cheese olives, garlic, olive oil, salt, parsley | pasta, tomato, sausage, onion, carrot, celery, garlic, tomato, oregano, garlic, salt, basil, pepper, beans, cheese, parsley. |
| kcal/100g | 135 | 165 | 137 | 139 | 140 |
| Carbohydrates | Potato Layonnaise | Steamed Rice | Steamed Rice | Creamy Mashed Potato | Potato Wedges |
| Ingredients | potato, onion, water, garlic, celery, butter , parsley, salt, black pepper. | water, rice, salt. | water, rice, salt. | potato, water, milk, butter , salt, pepper. | potato, garlic, olive oil, oregano, black pepper, salt. |
| kcal/100g | 70 | 145 | 145 | 63 | 100 |
| Vegetable | Buttered Veg | Braised Winter Veg | Grilled Veg | Basil scented veggies | Pesto Twist |
| Arabic Food | Chicken Mandi | Chicken Maklooba | Chicken Biryani | Chicken Kabsa | Chicken Machboos |

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|--------------------|--|--|--|---|---|
| Ingredients | 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

| | 12-Jan-20 | 13-Jan-20 | 14-Jan-20 | 15-Jan-20 | 16-Jan-20 |
|----------------------|---|--|---|---|--|
| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| Protein 1 | Creamy Cheesy Chicken | Fish Florentine | Baked Fish Sweet Chilly Sauce | Meat Lasagna | Honey Garlic Slow Cooked Chicken |
| Ingredients | 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. |
| kcal/100g | 125 | 151 | 135 | 149 | 175 |
| Protein 2 | Slow Roast Beef w/ Mushroom Sauce | Baked Honey Mustard Chicken | Butter Chicken | Chicken Tikka Masala | Beef Bulgogi |
| Ingredients | 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. |
| kcal/100g | 108 | 232 | 180 | 180 | 232 |
| Vegetarian | Artichoke Florentine Pasta | Fussili Arabiatta | Stirfried Tofu with vegetables | Pommes Gratin | Vegetarian Burritos |
| Ingredients | 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 |
| kcal/100g | 123 | 139 | 105 | 125 | 187 |
| Carbohydrates | Creamy Mashed Potato | Cajun spiced Potatoes | Steam Rice | Tandoori Potatoes | Potato Wedges |
| Ingredients | 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. |
| kcal/100g | 63 | 100 | 145 | 99 | 100 |
| Vegetable | Steamed Greens | Honeyd carrots and Corn | Braised Roots | Grilled Veg | Glazed Veggies |
| Arabic Food | Chicken Mandi | Chicken Maklooba | Chicken Biryani | Chicken Kabsa | Chicken Machboos |

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|--------------------|--|--|---|--|---|
| Ingredients | 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 3

19-Jan-20

20-Jan-20

21-Jan-20

22-Jan-20

23-Jan-20

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|----------------------|--|--|---|---|---|
| Protein 1 | Chicken Fried Steak w/ Gravy | Chicken Saloona | Butter Chicken | Skillet chicken with Potatoes and Veggies | Caramilized Baked Chicken |
| Ingredients | milk, egg, flour, salt, pepper, paprika, cayenne pepper, chicken, salt, olive oil, butter. | chicken, olive oil, onion, ginger, tomato paste, potato, zucchini, eggplant, tomato, arabic spices, cinnamon, turmeric, cumin powder, cardamon, bell pepper, coriander | chicken, water, tomatoes, onion, cream , honey, ground coriander, olive oil, turmeric, ginger, garlic, salt, fenugreek leaves, chilli powder, ground cumin, cardomon. | olive oil, chicken, potato, onion, peas, bell pepper, tomato, cajun seasoning, salt, cheese. | chicken, olive oil, soy sauce, ketchup, honey, garlic, pepper. |
| kcal/100g | 135 | 169 | 180 | 214 | 193 |
| Protein 2 | Meat Lasagna | Salisbury Steak with Mushrooms | Fish Grilled in lemon butter Sauce | Mangolian Beef with Vegetables | Country Fried Steak and Milk Gravy |
| Ingredients | pasta sheet, garlic, oregano, ground beef, cheese, egg tomato sauce salt & pepper. | beef, onion, egg, bread crumbs, salt, pepper, onion, mushroom, flour, water. | fish, butter, lemon zest, pepper, olive oil, onion, garlic, thyme, oregano, | beef, flour, sugar, soy sauce, olive oil, broccoli, onion, carrot, snow peas, garlic, ginger | chicken, salt, black pepper, flour, egg, lard, milk |
| kcal/100g | 149 | 223 | 115 | 258 | 102 |
| Vegetarian | Vegetarian Nargisi Kofta | Pasta Puttanesca | Spinach n Cottage Cheese Bake | Spaghetti in Tomato Sauce | Mac and Cheese |
| Ingredients | paneer, salt, kali mirch, mashed potato, turmeric, lemon juice, olive oil | olive oil, garlic, anchovy, tomato, olives, caper, salt, pepper, spaghetti, cheese | cottage cheese, spinach, egg, parmesan cheese, garlic, salt and pepper. | 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. |
| kcal/100g | 125 | 125 | 135 | 139 | 207 |
| Carbohydrates | Parmentier Potatoes | Steam Rice | Steam Rice | Creamy Mashed Potato | Potato Wedges |
| Ingredients | 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. |
| kcal/100g | 161 | 145 | 145 | 63 | 100 |
| Vegetable | Ginger Honey Glazed Veg | Buttered Veg | Saute vegetables | Grilled Veggies | Veg Saute |
| Arabic Food | Chicken Mandi | Chicken Maklooba | Chicken Biryani | Chicken Kabsa | Chicken Machboos |

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|--------------------|--|--|--|---|---|
| Ingredients | 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 4

26-Jan-20

27-Jan-20

28-Jan-20

29-Jan-20

30-Jan-20

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|----------------------|--|--|---|---|---|
| Protein 1 | Oven fried cicken & purple slaw | Paprika Chicken Goulash | Butter Chicken | Meat Lasagna | Beef & brocolli |
| Ingredients | bread crumbs, paprika, turmeric, salt, celery, oregano, flour, egg, chicken (purple slaw. Onion, red cabbage, carrot, vinegar, mayonnaise) | chicken, flour, olive oil, onion, garlic, celery, carrot, green pepper, paprika, tomato, parsley, sour cream, salt & pepper. | chicken, water, tomatoes, onion, cream , honey, ground coriander, olive oil, turmeric, ginger, garlic, salt, fenugreek leaves, chilli powder, ground cumin, cardomon. | pasta sheet, garlic, oregano, ground beef, cheese, egg tomato sauce salt & pepper. | beef, olive oil, broccoli, ginger, garlic, soy sauce, sugar, flour, pepper. |
| kcal/100g | 199 | 167 | 180 | 149 | 185 |
| Protein 2 | Mangolian Beef with Vegetables | Poached fish in tomato basil sauce | Thai red fish Curry | Chicken w/ mushroom sauce | Sweet & sour caramel Chicken |
| Ingredients | beef, flour, sugar, soy sauce, olive oil, broccoli, onion, carrot, snow peas, garlic, ginger | fish, tomato, garlic, salt, pepper, basil. | olive oil, garlic, ginger, onion, bell pepper, carrot, snow peas, sugar, fish, milk, lime juice. Coriander. | chicken, salt, pepper, olive oil, butter, mushrooms, garlic, parsley. | chicken, sugar, olive oil, garlic, rice vinegar, ginger, soy sauce, scallion. |
| kcal/100g | 258 | 185 | 139 | 159 | 135 |
| Vegetarian | Mac and Cheese | Pasta Arabiatta | Stirfried Tofu with vegetables | Vegetable Jambalaya | Vegetable Noodles |
| Ingredients | Pasta, Milk, Cheddar Cheese, Cream , Wholemeal Wheat Flour, Butter, Parmesan Cheese, Basil, Salt, Black Pepper. | pasta, water, tomatoes, onion, tomatoe paste, parmesan cheese olives, garlic, olive oil, salt, parsley | Tofu, green beans, carrots, pepper, soy sauce, ginger, oil,seasonings | olive oil, onion, bell pepper, celery, tomato, bay leaves, pepper, garlic, cayenne pepper, thyme, oregano,\soy sauce. | noodles, cabbage, carrots, green peppers, onion, garlic, spring onion, salt, olive oil, black pepper. |
| kcal/100g | 207 | 139 | 105 | 149 | 165 |
| Carbohydrates | Steam Rice | Steam Rice | Potato Layonnaise | Creamy Mashed Potato | Potato Wedges |
| Ingredients | 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. |
| kcal/100g | 145 | 145 | 70 | 63 | 100 |
| Vegetable | Glazed Vegetables | Buttered Peas and Corn | Saute Veggies | Grilled Veggies | Tossed Broccoli And Baby carrot |
| Arabic Food | Chicken Mandi | Chicken Maklooba | Chicken Biryani | Chicken Kabsa | Chicken Machboos |

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|--------------------|--|--|--|---|---|
| Ingredients | 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 |