



HOT MEALS - CHICKEN

	Ingredients	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Added sugar (g)	Total fat (g)	Saturated fat (g)	Fibre (g)	Sodium (mg)
Balti Chicken curry with brown rice	Chicken, brown rice, onion, olive oil, sugar, yoghurt (milk), tomato, curry spices, ginger, garlic, turmeric, garam masala	2096	499	42	53	10	10.4	3	5	4965
Blackened chicken, potato rosti, roasted veg & salad	Potatoes, chicken breasts, aubergine, baby marrow, butternut, red pepper, mango, avocado, coconut oil, olive oil, coriander, cajun spice, salt, pepper	2391	572.0	52.7	42.7	0	17	6.29	8.3	209
Chicken, leek & mushroom lasagne	Pasta (wheat, gluten), chicken, milk (milk), onion, mushrooms, leeks, cheese (milk), flour (wheat, gluten), butter (milk), thyme, pepper, salt, garlic	2282	543	50.3	51	0	13.1	6.2	3.5	311
Chicken stir fry	Rice noodles, chicken, carrots, baby corn, mange tout, cabbage, onion, spring onions, coriander, soya sauce (wheat, gluten), ginger, garlic	1411	336	33.5	32.3		5.7			
Chicken traybake curry with butternut wedges & brown rice	Brown rice, chicken, butternut, reduced fat coconut milk, fish sauce (fish), fresh coriander, dried chillies, ground coriander, cumin, ginger, lemongrass, garlic, lemon zest	2542	605	50.7	51.6	6.4	19.3	7.8	5.7	401
Citrus Chicken Bake	Sweet potato, chicken, broccoli, orange, lemon juice, orange juice, coriander, thyme, honey, olive oil, chilli flakes, lemon zest, garlic, salt, pepper	2515	601.7	49	49	2	19	4	7	173
Rosemary Chicken Traybake, roast vegetables and new potatoes	Chicken breasts, new potatoes, aubergine, baby marrow, butternut, red pepper, olive oil, rosemary, salt, pepper, garlic	2255	539.5	50.1	34.7	0	19.4	4.99	5.8	251
Wonder potato with Moroccan chicken, dates, creamed cheese & cashews	Sweetpotato, free range chicken breasts, spinach, reduced fat cream cheese (milk), dates, cashews (nuts), harissa paste, olive oil, salt, pepper, coriander	2240	533	48	50	0	12	4	7	203