



HOT MEALS VEGETARIAN

	Ingredients	Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Added sugar (g)	Total fat (g)	Saturated fat (g)	Fibre (g)	Sodium (mg)
Balti Tofu curry (Vegan)	Brown rice, tofu (soy), tomato, onion, reduced fat coconut milk, sugar, olive oil, curry spices (gluten), garam masala, fresh ginger, turmeric, salt, garlic	2961	708.4	30	62.4	3.8	34.4	6.73	7.1	182
Butternut, ricotta, sage AND spinach & feta cannelloni	Lasagne (wheat, flour), butternut, spinach, onion, feta (milk), tomato, tomato paste, butter (milk), flour, milk, sage, white cheddar (milk)	2419	479.0	26.7	48	0	28	17	7.9	926
Green Thai Tofu Curry (Vegan)	Brown rice, butternut, tofu (soy), reduced fat coconut milk, baby corn, onion, mangetout, green beans, thai green curry paste, olive oil, smoked paprika, fresh ginger, garlic	1718	411.0	14	52.8	0	12.3	4.47	8.8	340
Moroccan Spinach & Chickpea Tart	Phyllo pastry (wheat, gluten), chickpeas, spinach, low fat milk (milk), onion, olive oil, creamed cheese (milk), egg (egg), salt, pepper, cumin, coriander	2094	499.0	21	52	2	20	8	10	404
Roasted vegetable lasagne	Roasted vegetables, milk, lasagne (wheat, gluten), tomato, napolitana sauce, cheddar (milk), butter (milk), flour (wheat, gluten), basil pesto (nuts, egg, milk), oil	1967	468.0	16.7	45.3	0.2	22	9.3	6.2	429
Stuffed peppers with Moroccan Style Chickpeas	Peppers, chickpeas, tomatoes, lentils, onions, feta (milk), olive oil, cumin, coriander, cinnamon, coriander leaves, garlic	982	234.9	11.2	25.2	0	6	1.71	8.3	91
Vegetable curry with rice noodles (Vegan)	Sweet potato, tomato, reduced fat coconut milk, chickpeas, onion, butternut, rice noodles, broccoli, cauliflower, spinach, tomato paste, olive oil, garlic clove, lime juice, coriander, cinnamon, cumin, turmeric, cayenne pepper, salt, pepper	1571	374.0	13	54	0	7	3	12	104



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Vegetable Phyllo Parcels	Mixed beans, phyllo pastry (wheat, gluten), baby marrows, butternut, red pepper, onion, spinach, butter (milk), olive oil, basil pesto (nuts, milk, egg), thyme	1552	369	24.1	34.7		11.9			
Vegetable tagine with couscous	Chickpeas, sweet potato, aubergine, courgette, red pepper, apricot, couscous (wheat, gluten), cucumber, harrissa paste, honey, yoghurt (milk), mint, tomato, olive oil, garlic, coriander, cumin	1842	439.0	14	69	5	6	1	12	254
Vegetarian Enchilada	Tomato, wraps (wheat, gluten), avocado pear, aubergine, sweet potato, chickpeas, onions, mozzarella cheese (milk), yoghurt (milk), peppers, apricots, baby marrows, honey, olive oil, harissa paste, fresh coriander, ground coriander, cumin, garlic	2692	641.0	18.5	80.6	10.2	21.2	6.2	12.9	710
Vegetarian Moussaka	Aubergine, potato, ricotta (milk), reduced fat milk (milk), maizena, butter (milk), gluten free breadcrumbs, egg (egg), onion, mushroom, tomato paste, tomato, olive oil, salt, pepper, nutmeg, oregano, cayenne pepper	1751	417.0	18	40	0	19	9	6	585
Wild Mushroom, Thyme and Ricotta Cannelloni	Tomato, lasagne sheets (wheat, gluten), low fat milk (milk), ricotta cheese (milk), mushrooms, cheddar cheese (milk), butter (milk), tomato paste, flour (wheat, gluten), thyme, olive oil, salt and garlic	2034	486.6	22	43	0	22.9	12.62	4.9	668
Zucchini & Halloumi Fritters	Baby marrow, onion, halloumi (milk), flour (wheat, gluten), egg (egg), green beans, feta (milk), almonds (nuts), lemon zest, dill, mint	1682	400	24	21	0	24	13	4	884