

POULTRY (PROTEINS)

CHICKEN BREASTS 200G

Flavours include:

– Italian Herb Oven Chicken (GLUTEN FREE). Contains garlic and Italian seasoning.

330 Calories / 46g Protein / 2g Fats / 0 Carbohydrates / 0 Sugars / 130mg Sodium

– BBQ Oven Chicken (GLUTEN FREE)

330 Calories / 46g Protein / 2g Fats / 0 Carbohydrates / 0 Sugars / 490mg Sodium

– Southern Pan Fried chicken (NOT GLUTEN FREE)

398 Calories / 47.6g Protein / 4.1g Fats / 12g Carbohydrates / 0.04g Sugars / 1980mg Sodium

TURKEY MINCE 200G

Contains natural herbs and garlic with a light tomato sauce

220 Calories / 46g Protein / 2g Fats / 0 Carbohydrates / 0 Sugars / 130mg Sodium

RED MEATS (PROTEINS)

BEEF STEWING STEAK (TOPSIDE) 200G

Contains natural herbs and garlic with gravy

279.5 Calories / 46.2g Protein / 5.7g Fats / 11.7g Carbohydrates / 0.2g Sugars / 1166mg Sodium

LEAN MINCE BEEF 200G

Contains natural herbs and garlic with a light tomato sauce

260 Calories / 41.4g Protein / 10g Fats / 0 Carbohydrates / 0 Sugars / 128mg Sodium

FISH (PROTEINS)

ROSEMARY PEPPER ON TUNA STEAKS 130G

186 Calories / 30.5g Protein / 6.2g Fats / 0 Carbohydrates / 0 Sugars / 0 Sodium

SWEET CHILLI LEMON PEPPER SALMON 130G

Teriyaki salmon with ginger and chilli sauce served with a wedge of lime and sesame seeds

211 Calories / 32.7g Protein / 5.5g Fats / 5.4g Carbohydrates / 5.5g Sugars / 608.6mg Sodium

VEGETARIAN (PROTEINS)

VEGETARIAN QUORN 160G

Natural herbs and garlic

316 Calories / 43.6g Protein / 6g Fats / 13.6g Carbohydrates / 2g Sugars / 400mg Sodium

TOFU 150G

85.5 Calories / 11.4g Protein / 3.1g Fats / 2.7g Carbohydrates / 0 Sugars / 0 Sodium

CARBOHYDRATES

WHITE RICE 100G

121 Calories / 3.2g Protein / 1.5g Fats / 34g Carbohydrates / 0.5g Sugars / 0 Sodium

BROWN RICE 100G

140 Calories / 2g Protein / 1g Fats / 32g Carbohydrates / 0g Sugars / 0 Sodium

PENNE PASTA WHOLEMEAL 100G(NOT GLUTEN FREE)

148 Calories / 4.8g Protein / 0.9g Fats / 28.3g Carbohydrates / 4g Sugars / 0 Sodium

NEW POTATOES 150G

111 Calories / 2.55g Protein / 0.45g Fats / 24.15g Carbohydrates / 1.95g Sugars / 0 Sodium

MIXED SPICED COUS COUS WITH RAISINS 130G

203 Calories / 7.3g Protein / 2g Fats / 37.5g Carbohydrates / 5.4g Sugars / 381mg Sodium

SWEET POTATOES 150G

129 Calories / 3g Protein / 0g Fats / 30g Carbohydrates / 0g Sugars / 82.5mg Sodium

VEGETABLES

All vegetables will be seasonal produce and will change throughout the year. Green vegetables can be mixed together.

LEEEKS 50G

30.5 Calories / 0.75g Protein / 0.15g Fats / 7g Carbohydrates / 1.8g Sugars / 10mg Sodium

ASPARAGUS 50G

8 Calories / 0.8g Protein / 0 Fats / 1.2g Carbohydrates / 0.8g Sugars / 0 Sodium

BROCCOLI 50G

17 Calories / 1.4g Protein / 0.2g Fats / 3.3g Carbohydrates / 0.85g Sugars / 16.5mg Sodium

LENTILS 50G

230 Calories / 18g Protein / 0.8g Fats / 40g Carbohydrates / 4g Sugars / 4mg Sodium

KALE 50G

25 Calories / 1.5g Protein / 0.5g Fats / 5g Carbohydrates / 0 Sugars / 21.5mg Sodium

SPINACH 50G

11 Calories / 1.5g Protein / 0.4g Fats / 0.25g Carbohydrates / 0.15g Sugars / 0 Sodium