

MEALS IN STOCK

CHICKEN AND FISH

- Frozen Fish w/ veggies and chips ☐
- Green chicken curry with Rice ☐
- Chicken Balti Curry with Rice ☐
- Chicken and Sweet Potato Rogan Josh Curry ☐

PASTA

- Pumpkin Gnocchi with Tomato & Black Olive Sauce ☐
- Pasta with Roast Onion & Tomato Sauce ☐
- Tuna and Tomato Pasta ☐
- Creamy Tomato & Pesto Pasta Bake ☐
- Ricotta and Spinach Pasta Bake ☐

ASIAN STIR FRY

- Chow Mein Veg Stirfry ☐
- Pad Thai ☐

SAUSAGES

- Chipolata & Veg in Tomato Salsa with Couscous ☐

MINCE

- Penne Bolognese ☐
- Chilli Con Carne or Tacos ☐
- Rissoles and Veggies ☐