



Thursday 18th February Broccoli Cheese Stuffed Chicken  
 Friday 19th February Coconut & Prawn Curry with Kale  
 Saturday 20th February Roast Pork & Vegetable Casserole  
 Sunday 21st February Meatballs with Spaghetti  
 Monday 22nd February Cauliflower & Potato Curry  
 Tuesday 23rd February Mango Chicken  
 Wednesday 24th February Goat's Cheese & Beetroot  
 Five-Minute Kale Salad

**PROUDLY SUPPORTING  
 OPERATION TRANSFORMATION 2021**

### FRUIT & VEGETABLES

- Baby new potatoes (950g)
- Broccoli (600g)
- Butternut squash (1 small - you need 240g cubes)
- Carrots (3)
- Cauliflower (1 small)
- Celery stick (1)
- Cherry tomatoes (15 + 150g)
- Cooked beetroot (from vac-pack or baby – 100g)
- Cucumber (½)
- Curly kale (425g)
- Fresh chives (15g)
- Fresh coriander (5g)
- Fresh dill (5g)
- Fresh flat-leaf parsley (5g)
- Garlic (5 cloves)
- Lime (1)
- Mild red chilli (optional -1)
- Onions (2 small + 1 regular)
- Potatoes (2 x 175g)
- Red pepper (1)
- Root ginger (5cm piece)
- Turnip (320g)

### FRESH PRODUCE

- Buttermilk (75ml)
- Chicken fillets (skinless – 4)
- Goat's cheese (100g)
- Lean minced beef (100g)
- Lean minced pork (100g)
- Light cream cheese (40g)
- Natural yoghurt (3% fat - 125g)
- Parmesan (10g)
- Pork tenderloin (300g)
- Tiger or king prawns (fresh or frozen raw peeled – 300g)

### DRIED GOODS

- Apple cider vinegar (15g)
- Balsamic vinegar (15g)
- Chicken stock cube (reduced sodium - 1)
- Chopped tomatoes (200g tin ½ a regular tin)
- Cooked wholegrain rice (readymade from a pouch – 250g)
- Dried red chillies (optional - 2.5g)
- Freshly ground black pepper
- Ground turmeric (5g)
- Hot sauce (such as Tabasco – 3g)
- Light coconut milk (200g tinned)
- Mango chutney (from a jar – 40g)
- Mayonnaise (30g)
- Mild curry paste (55g)
- Passata (Italian sieved tomatoes – 225ml)
- Rapeseed oil (45g)
- Reduced sodium soy sauce (60g)
- Salt (optional)
- Tomato puree (2.5g)
- Vegetable stock cube (reduced sodium- 1)
- Wholegrain mustard (30g)
- Wholegrain brown rice (180g)
- Wholewheat spaghetti (100g)

Note: Herbs can be used dried or fresh. Vegetables can be fresh or frozen. Many of these ingredients will become cupboard staples and used in future recipes.