

**Delicious food carefully balanced / Compass Group PLC.**

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Delicious food  
carefully balanced



It's the start of a New Year, and we're delighted to introduce a range of carefully balanced dishes that taste delicious.

**Trust our health claims:**

We work closely with the Food Standards Authority to reduce negatives such as salt and saturated fats from your diet. The content of each dish is clearly communicated using the Guideline Daily Amount system used by leading supermarkets.

**Enjoy the delicious taste:**

We appreciate that healthy food can often taste bland. That's why our food experts have worked hard to minimise the impact on taste when reducing negatives such as salt from our dishes. So now you can enjoy delicious food that's carefully balanced.

**Value:**



**Beef Casserole**

Tender chunks of beef, slowly cooked with a selection of winter vegetables.



**Vegetable Lasagne**

Layers of pasta, courgette, tomatoes and Quorn, oven baked with cheese in a creamy sauce served with a mixed leaf salad.



**Spaghetti Bolognese**

Lean minced beef cooked with tomatoes and garlic, served with spaghetti and a sprinkling of Parmesan cheese.



**Chilli Con Carne**

Lean minced beef with chilli in a tomato sauce with red kidney beans, served on a bed of rice.

**Delicious:**



**Jerk Fish with Wild Rice**

Oven baked sustainable fish marinated in caribbean mojo spices and served with mango and avocado salsa on a bed of rice.



**Spiced Pork Loin with Sweet Potato**

Spicy marinated pork loin, oven baked and served on a bed of sweet potatoes, peppers and red onions.



**Cannelloni of Squash and Herb**

Cannelloni filled with roasted squash, mediterranean vegetables, cream cheese and a selection of delicately flavoured herbs.



**Chicken Supreme with a Lime Salsa**

Farm assured chicken supreme, oven baked and served with a tangy lime, mango and pomegranate salsa.

**Gourmet:**



**Mediterranean Style Tuna Loin**

Loin of tuna served with a selection of Mediterranean vegetables and a five bean salad.



**Herb Crusted Salmon Fillet**

Oven baked salmon fillet topped with a light herb crust and served with roast potato wedges and a mixed leaf salad.

