







## MAIN COURSE MENU

1	<p>Look What We Found chilli con carne * with Uncle Ben's boil-in-the-bag rice  <i>*Available from Waitrose, Booths, Ocado</i></p>	
2	<p>Indi Grand Punjabi Choley (chickpea curry)* with Uncle Ben's boil-in-the-bag rice  <i>*Available from Home Bargains</i></p>	
3	<p>6 minute/quick cook pasta with Dolmio tomato and basil or carbonara sauce</p>	
4	<p>Ambient ricotta and spinach tortelloni* with tomato sauce and parmesan cheese  <i>*Available from Home Bargains and Aldi</i></p>	
5	<p>Smash potato, sliced chorizo and grated parmesan cheese hash with dried crispy onions</p>	
6	<p>Ainsley Harriott sundried tomato &amp; garlic cous-cous with John West tomato and herb tuna in a pouch and Loyd Grossman tomato and basil sauce</p>	

All items available from most supermarkets except as indicated \*