



# Main Course



20013 **Keralan Cauliflower & Red Pepper Curry 340g**



20685 **Vegan Penang Curry 300g**

## VEGETARIAN

MAIN COURSE

20249 **Gnocchi** ● ● ● 1kg x 1 SURGITAL

## INDIVIDUAL PORTION - VEGETARIAN & VEGAN

MAIN COURSE

70074 **Broccoli & Cream Cheese Bake** ● ● 336g x 12 WRIGHTS FOOD GROUP  
Broccoli florets in a creamy cheese sauce, topped with slices of potato.

70166 **Macaroni Cheese** ● 400g x 12 SCHEFF

300505 **Moroccan Pilaf Vegetable Roast** ● ● ● ● 300g x 12 SCHEFF  
Mildly Spiced mix of rice and vegetables topped with a butternut squash chutney and pumpkin seeds.

20030 **Smokey Three Bean Chilli** ● ● ● 400g x 12 SCHEFF  
Red Kidney, Black Turtle and Cannellini beans in a smokey tomato base.

20013 **Keralan Cauliflower & Red Pepper Curry** ● ● ● ● 340g x 12 SCHEFF  
Cooked cauliflower and sliced red pepper in a Keralan style coconut curry sauce.

20685 **Vegan Penang Curry** ● ● ● ● 300g x 15 PARAMOUNT 21  
The award-winning Vegan Penang Curry is an excellent option for your vegetarian and vegan menus as well as themed curry nights. It's also very versatile: offer customisable upsell options such as adding chargrilled king prawns or torn chicken breast. Fiery, delicious and totally on trend.

70607 **Vegan Lasagne** ● ● ● 350g x 12 SCHEFF  
Vegetables in a tomato based sauce layered between vegan pasta sheets and topped with a herb infused crumb.

## INDIVIDUAL PORTION - VEGETARIAN &amp; VEGAN MAIN COURSE

30664	<b>Individual Vegetable Roast Slice</b>	🟢🟢🟡🔴	140g × 24	SCHEFF
Savory mix of rice and mushroom hand-formed into slices.				
30656	<b>Beetroot Wellington</b>	🟢🟢🟡	225g × 16	SCHEFF
A Beetroot mix encased in puff pastry.				
70198	<b>Vegetable Lasagne</b>	🟢	450g × 8	SCHEFF
Three layer egg lasagne pasta interleaved with a tomato and vegetable sauce, topped with a creamy white sauce and topped with cheese.				
30433	<b>Vegetable Lasagne Verdi Round</b>	🟢	350g × 12	SCHEFF
Three layers of a capsicum, mushroom and aubergine mix in a tomato base, layered between green pasta sheets, and topped with a white béchamel and creamy cheese. Suitable for Vegetarians.				
30890	<b>Vegetable Spring Green Risotto</b>	🟢🟢🟡	340g × 12	SCHEFF
Cooked Italian rice in a creamy leek and spinach sauce, topped with a mix of steamed green beans, broad beans, broccoli and peas in a round pot.				
10189	<b>Luxury Chestnut Roast</b>	🟢🟢🟡🔴	200g × 24	SCHEFF
A mushroom and rice mix topped with cranberry, cashew and chestnuts.				
20711	<b>Squash &amp; Red Onion Tagine</b>	🟢🟢🟡🔴	350g × 12	SCHEFF
Roasted butternut squash and red onion wedges in a sweetly spiced tagine style sauce, flavoured with orange, cinnamon, cranberries and sultanas Suitable for Vegans.				
70828	<b>Nutless Roast Slice</b>	🟢🟡	140g × 16	WHAR'S COOKING
An individual slice of vegetable roast, with Pumpkin, Sunflower Seeds and mushrooms delicately flavoured with herbs.				
70861	<b>Mediterranean Vegetable Risotto</b>	🟢🔴	340g × 12	WHAT'S COOKING
A creamy tomato risotto delicately flavoured with white wine and herbs; finished with sundrenched tomatoes				
70878	<b>Vegetable, Roast Apricot &amp; Goats Cheese</b>	🟢	290g × 12	WHAT'S COOKING
Vegetables with apricots, peanuts, almonds and walnuts topped with creamy goats cheese.				
10222	<b>Butternut Squash, Lentil &amp; Almond Wellington</b>	🟢🟢🟡	220g × 16	SCHEFF
A delicious mix combining butternut squash, lentils & almonds, hand-wrapped in a puff pastry case.				
70892	<b>Mediterranean Wellington</b>	🟢	226g × 12	WHAT'S COOKING
Crisp vegetables pan fried and roasted with fine herbs and olive oil, entwined with a rich Mediterranean tomato sauce encased in a light puff pastry case.				
30474	<b>Mushroom, Brie &amp; Cranberry Wellington</b>	🟢	195g × 12	WHAT'S COOKING
Sautéed Mushrooms, cranberries and seasoned spinach with Walnuts, Peanuts and Almonds, topped with brie encased in puff pastry.				
70234	<b>Spinach &amp; Ricotta Canneloni</b>	🟢	400g × 12	SCHEFF
Cannelloni served on a bed of tomato and herb sauce topped with cheese sauce and a sprinkling of cheese.				



70861 Mediterranean Vegetable Risotto 340g



70878 Vegetable, Roast Apricot &amp; Goats Cheese 290g



70892 Mediterranean Wellington 226g

## INDIVIDUAL PORTION - FISH DISHES

## MAIN COURSE

70794	<b>Traditional Fish Pie</b>	🔴	400g × 15	PARAMOUNT 21
Salmon, MSC smoked haddock, prawns and MSC Alaska pollack in a creamy leek sauce, hand finished with our signature mash, topped with gluten-free breadcrumbs. Contains MSC smoked haddock and MSC Alaska pollack.				



70794 Traditional Fish Pie 400g



11465 Chilli Con Carne (No Rice) 350g



70067 Sweet Potato, Chick Pea and Spinach Curry 350g, Gluten Free



85964 Deep Dish Lasagne



40167 Cottage Pie 400g

INDIVIDUAL PORTION - MEAT DISHES

MAIN COURSE

70242	<b>Beef Lasagne Verdi</b>	400g × 12	WHAT'S COOKING
	Minced beef bolognese interleaved with egg pasta lasagne sheets with creamy bechamel sauce and a cheese topping.		
70215	<b>Beef Lasagne</b>	500g × 8	SCHEFF
	Beef Lasagne with egg pasta, interleaved with a tomato beef bolognaise sauce, flavoured with basil and a creamy béchamel sauce.		
30431	<b>Beef Lasagne Verdi (Round)</b>	360g × 12	SCHEFF
	Verdi pasta sheets layered with a rich minced beef and tomato sauce, and topped with a creamy béchamel sauce and grated cheese.		
11465	<b>Chilli Con Carne (No Rice)</b>	350g × 12	SCHEFF
	Tender minced beef in a spicy tomato based sauce with capsicum and red kidney beans.		
40167	<b>Cottage Pie</b>	400g × 12	WRIGHTS FOOD GROUP
	A rich minced Beef sauce with Carrot and Onion topped with fluffy mashed Potato.		

INDIVIDUAL PORTION - INDIAN

MAIN COURSE

70067	<b>Sweet Potato, Chick Pea &amp; Spinach Curry</b>	350g × 12	AUTHENTIC FOOD CO.
70106	<b>Chicken Balti</b>	350g × 12	SCHEFF
70114	<b>Chicken Jalfrezi</b>	350g × 12	SCHEFF
	Tender diced chicken breast with sliced onions with red and green peppers in a medium spiced Jalfrezi sauce, flavoured with coriander, chilli and aromatic spices		
70123	<b>Chicken Korma</b>	350g × 12	SCHEFF
70131	<b>Premium Chicken Tikka Masala</b>	350g × 12	SCHEFF
	A British classic with tender chicken breast marinated and cooked in traditional Tikka spices served in a tomato based sauce finished with cream and coriander		

MULTI-PORTION - DISHES

MAIN COURSE

80946	<b>Egg Tagliatelle (Pre-Cooked) 200g</b>	1kg × 1	SURGITAL PASTASI
	Pre-cooked frozen egg tagliatelle.		
30452	<b>Scheff Chilli Con Carne</b>	1.4kg × 2	SCHEFF
	Tender minced beef, fiery jalapeno peppers, sliced red & green capsicum and red kidney beans in a spicy tomato base flavoured with cumin, cayenne pepper and paprika.		
30539	<b>Scheff Macaroni Cheese</b>	1.4kg × 2	SCHEFF
85964	<b>Deep Dish Lasagne</b>	1.6kg × 2	SCHEFF

70131 Chicken Tikka Masala



*A British classic with tender chicken breast marinated and cooked in traditional Tikka spices served in a tomato based sauce, finished with cream and coriander*