

Chicken Curry

1 x chicken thigh per child
White onions finely chopped
Garlic
Tikka Paste - per guidance on pack
Chopped tomatoes
Coconut Milk

40g dry rice per child

½ pitta bread per child

Allergins

Wheat
Onion

Veg Curry x 3 portions

1 x Sweet Potato
½ x white onion
½ tsp garlic
½ tin of chopped tomatoes
Splash of coconut milk
½ tin of chickpeas