

MICROWAVABLE MEALS

SALADS

Course	Container	Net Weight
Russian Salad	Bowl	240g
Salad With Crabmeat sticks and Pineapple	Bowl	220g
Pasta Salad with Tuna	Bowl	240g
Pasta Salad with Ham	Bowl	240g
Rice Salad and Crabmeat Sticks	Bowl	240g
Rustic Salad	Bowl	200g
Light Salad	Bowl	200g
Quinoa Salad	Bowl	230g
Wild Rice Salad	Bowl	220g
Couscous salad	Bowl	220g



CREAMS

Course	Container	Net Weight
Cream of Vegetables	Bowl	350g
Cream of Zucchini	Bowl	350g
Cream of Pumpkin	Bowl	350g
Cream of White and Wild Asparagus	Bowl	350g
Seafood Bisque with Hake and Crab	Bowl	350g



PASTA DISHES

Course	Container	Net Weight
Macaroni Bolognese	Tray	325g
Macaroni Carbonara	Tray	325g
Lasagna Bolognese	Tray	375g
Meat Cannelloni	Tray	375g
Beef Ravioli with Tomato Sauce	Tray	350g
Farfalle pasta with Smoked salmon and Prawns	Tray	300g



VEGETABLES DISHES

Course	Container	Net Weight
Peas with Ham	Tray	240g
Vegetable Stew	Tray	240g
Vegetable Ratatouille	Tray	240g
Artichokes With Ham	Tray	200g
Green Beans	Tray	240g



MEAT DISHES

Course	Container	Net Weight
Beef Stew With Vegetables	Tray	275g
Meat Balls Traditional Recipe With Tomato Sauce	Tray	300g
Meat Balls With Vegetables	Tray	300g
Madrid Style Casserole of Veal Tripe	Tray	320g
Garlic Chicken With Baked Potatoes	Tray	250g
Stewed Chicken	Tray	250g
Chicken with Mushrooms	Tray	250g
Pork Loin with Potatoes and roasted Garlic	Tray	250g
Pork Loin With Pepper and Tomato	Tray	250g



GAZPACHO

Course	Container	Net Weight
Gourmet Gazpacho Recipe	Bowl	350g
Natural Gazpacho Soup	Bowl	390g



NOODLES AND RICE BOWLS

Course	Container	Net Weight
Seafood Paella	Tray	250g
Vegetable & Chicken Paella	Tray	250g
Fideuá	Tray	250g
Mushrooms Risotto	Tray	250g
Rice 3 Delights	Tray	250g
Rice with Squid in its Ink	Tray	300g
Rice with Chicken Curry	Tray	300g
Rice a Band with Prawns	Tray	250g
Round Rice	Cup	2x125g
Basmati Rice	Cup	2x125g
Brown Rice	Cup	2x125g



SOUPS

Course	Container	Net Weight
Bulgur Whole Grain Soup	Bowl	350g
Oriental Soup	Bowl	350g
Chicken Noodle Soup	Bowl	350g
Vegetable Soup with Quinoa	Bowl	350g



LEGUMES DISHES

Course	Container	Net Weight
Traditional Recipe Beans	Tray	300g
Traditional Recipe Chickpeas	Tray	300g
Traditional Recipe Lentils	Tray	300g
Asturian Stew	Tray	350g
Madrid Style Stew	Tray	350g



STUFFED PEPPERS

Course	Container	Net Weight
Stuffed Peppers Filled with Seafood	Tray	280g
Stuffed Peppers Filled with Cod and Prawns	Tray	280g



TEX-MEX

Course	Container	Net Weight
Beef with Vegetables	Bowl	350g
Chicken with Peppers	Bowl	300g
Chili with meat	Bowl	350g



TAPAS

Course	Container	Container
Brave Potatoes	Cup	180g
Ali-Oli Potatoes	Cup	180g



ECOLOGICAL QUINOA

Course	Container	Net Weight
White Quinoa	Cup	2x125g
Red and White Quinoa	Cup	2x125g

