

# Expedition Foods Meal Grid



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	Beef	Chicken	Pork	Fish	Vegetarian	Vegan	Breakfast	Dessert	Gluten Free	Dairy Free	Gluten and Dairy Free	Halal
Asian Noodles w/Beef	X									X		
Beef and Potato Hotpot	X								X	X	X	
Beef Stroganoff with Rice	X								X			
Chilli con Carne	X								X	X	X	
Spaghetti Bolognese	X											X
Asian Noodles w/ Chicken		X										X
Chicken Korma with Rice		X							X			X
Chicken Tikka with Rice		X							X			X
Sweet & Sour Chicken with Rice		X							X	X	X	X
Thai Green Chicken Curry with Rice		X							X	X	X	
Chicken Rice with Vegetables		X							X	X	X	
Spaghetti Carbonara			X									
Fish and Potato in Parsley Sauce				X					X			X
Macaroni and Cheese					X							X
Mediterranean Vegetable Pasta					X							X
Scrambled Egg with Cheese & Caramelised Onion					X		X		X			
Vegetable Tikka with Rice					X				X			X
Granola with Raspberries					X		X					X
Hot Cereal Start with Mango					X		X					X
Porridge with Blueberries					X		X					X
Porridge with Strawberries					X		X					X
Porridge with Sultanas					X		X					X
Rice Pudding with Cinnamon					X		X	X	X			
Chocolate Chip Biscuit Pudding					X		X	X				
Custard with Apple					X		X	X	X			X
Custard with Mixed Berries					X		X	X	X			X
Cous Cous with Cajun Spices					X	X				X		

For more information contact us at [info@expeditionfoods.com](mailto:info@expeditionfoods.com)