



## GUIDE TO CHINESE AND INDIAN TAKEAWAYS

CHINESE MAIN DISHES (all calcs approximate)	CALS	FAT
BBQ Spare Ribs (each approx.)	140	5
Chicken or Beef & Mushroom	570/375	14
<b>Chicken with Bean Sprouts</b> ☺	275	5.3
Chicken Chop Suey	450	12
<b>Chicken &amp; Pineapple</b> ☺	310	12
Chicken Chow Mein with Noodles	715	14
King Prawn in batter (each)	240	20
Noodles, Plain Soft	300	1.2
Prawn Chop Suey	300	10
Sweet & Sour Pork or Chicken Balls	860	70
<b>EXTRAS</b>	<b>CALS</b>	<b>FAT</b>
Carton of Curry Sauce	800	60
Egg / Prawn Fried Rice/ Special Fried Rice	440/485	20/24
Portion of Chips	600	40
<b>Plain Boiled Rice</b> ☺	310	0
<b>Stir fried mixed vegetables/Bean Sprouts</b> ☺	250/210	neg
Spring Roll (each)	240	10
<b>INDIAN MAIN DISHES</b>	<b>CALS</b>	<b>FAT</b>
Chicken Jalfrezi	500	30
Chicken Biryani	985	45g
Chicken Korma	855	55
Chicken Tikka	459	10g
Chicken Tikka Masala	987	60g
Chicken Shashlik ☺	450	8
Lamb Rogan Josh	600	22
<b>Tandoori Chicken</b> ☺	300	8
Vegetable Biriani	550	25
Vegetable Curry	350	24
<b>EXTRAS (per portion – 1 tblspn / 15mls)</b>	<b>CALS</b>	<b>FAT</b>
Onion Bhaji (1 medium)	170	42
Peshwari Naan/Naan Bread	400/300	15/10
Poppadum (each)	75	3
Pilau Rice portion	495	16
Vegetable Samosa (2 small)	150	23