



Portions Menu

info@loop.mt

- 1. Chicken** - Chicken Drumsticks, Couscous (Wheat flour, water), Potatoes, Mixed Veg, Herbs, Olive Oil, Salt, Pepper.
- 2. Penne Bolognese** - Penne (Wheat flour, Water), Beef Mince, Tomato Pulp, Carrots, Onions, Herbs, Vegetable Oil, Salt, Pepper.
- 3. Meat Balls in Sauce** - Beef Mince, Tomato Pulp, Vegetable Oil, Onions, Garlic, Potatoes, Carrots, French Beans, Salt, Pepper.
- 4. Baked Fish** - Merluzz, Olive Oil, Wine, Couscous (Wheat flour, Water), Potatoes, Herbs, Sweet Peppers, Cauliflower, Salt, Pepper.
- 5. Ross il-Forn** - Rice, Beef Mince, Tomato Pulp, Tomato Paste, Red Wine, Cheese, Eggs, Herbs, Vegetable Oil, Salt, Pepper
- 6. Shepherd's Pie** - Beef Mince, Carrots, Peas, Onions, Tomato Pulp, Eggs Potatoes, Vegetable Oil, Herbs, Salt, Pepper
- 7. Beef Stew** - Beef, Onions, Tomato Puree, Beef Stock, Red Wine, Flour (Wheat), Carrots, Peas, Potatoes, Butter, Herbs, Olive Oil
- 8. Minestra** - Cauliflower, Carrots, Potatoes, Pumpkin, Turnip, Onions, Tomato Pulp, Barley, Salt, Pepper
- 9. Carrot Soup** - Carrots, Ginger, Onions, Celery, Cumin, Olive Oil, Butter, Pepper, Salt
- 10. Curried Chicken Pasta Salad** - Farfalle (Wheat Flour, water), Chicken, Onions, Peas, Sweet Corn, Sweet Peppers, Olive Oil, Vinegar, Curry, Sugar, Salt, Pepper
- 11. Broccoli Soup** - Broccoli, Onions, Olive Oil, Butter, Mixed Herbs, Salt, Pepper
- 12. Vegetarian Pasta** - Tortiglioni (Wheat Flour, Water), Aubergines, Tomato Pulp, Onions, Kefalotyri Cheese, Garlic, Salt, Pepper
- 13. Kusksu** - Broad beans, Carrots, Potatoes, Peas, Onions, Kusksu (Wheat Flour, Water), Tomato Puree, Vegetable Stock, Garlic, Salt, Pepper
- 14. Rice Salad** - Rice, Tuna, Peas, Sweet Corn, Olives, Sun Dried, Tomatoes, Olive Oil, Onions, Capers, Salt, Pepper
- 15. Pork Stew** - Pork, Onions, Tomato Puree, Beef Stock, Red Wine, Flour (Wheat), Carrots, Peas, Potatoes, Butter, Herbs, Olive Oil
- 16. Chicken Curry** - Chicken Thighs, Rice, Tomato Pulp, Onions, Peas, Carrots, Curry, Coriander, Paprika, Garlic, Ginger, Cumin, Salt, Pepper
- 17. Chicken Cacciatore** - Chicken Thighs, Tomato Pulp, Rice, Onions, Olives, Capers, Olive Oil, Salt, Pepper, Basil, White Wine, Parsley
- 18. Chicken Indian Style** - Chicken Mince, Chickpeas, Breadcrumbs (Wheat Flour Water) Spinach, Onions, Potatoes, Tomato Pulp Yoghurt, Garlic Turmeric, Cumin, Coriander, Ginger Garam Masala, Chili Flakes, Olive Oil, Lemon Juice