

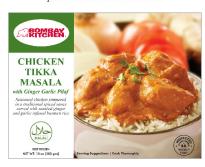






CHICKEN TIKKA MASALA WITH GINGER GARLIC PILAF

Seasoned chicken simmered in a traditional spiced sauce served with basmati rice



Nutrit Serving Size: 10 Servings Per Co	ounces (Fac 283g)	ets
Amount Per Servi	ng		
Calories 380	Calories	from fa	160
Total Fat 17g		,	Daily Valu
Saturated Fat 6			291
Trans Fat 0a	•		
Cholestrol 80m	a		261
Sodium 630ma			265
Potassium 560	ma		161
Total Carbohyo	Irates 37g	,	12
Dietary Fiber	Ba		131
Sugars 7g			
Protein 20g			
Vitamin A 15%		Vitamin	
Calcium 6%		Iron 209	
Percent Daily Values diet. Your daily values your catorie needs.	may be highe	er or lower d	epending on
20174	Calories	2,000	2,500
Date Fall	Less than		80g 25g
Cholesterol	Less than		300mg
Sodum Deposium	Less than	2,400mg 3,500mg	3400mg 3500mg
Total Carbonydratal Dietary Fiber		300g 25g	575g 50g
Calories per grant Fall 9 + Carb	reverse 4 :	Protein 4	

Contains: Milk, Cashews Net Wt: 10 oz (283g) | 6 units/cs UPC # 808550320049







BUTTER CHICKEN WITH GREEN PEAS PILAF

Marinated boneless chicken simmered in a rich buttery gravy served with sautéed green peas and basmati rice



	ntainer: 1		
Amount Per Servi	13		
Calories 530	Calories	from fat	140
		%	Daily Value
Total Fat 15g			23%
Saturated Fat 4	3		20%
Trans Fat 0g			
Cholestrol 85m	q		28%
Sodium 600mg			25%
Potassium 450	mg		13%
Total Carbohyo	rates 61c		20%
Dietary Fiber	3a		13%
Sugars 3g			
Protein 35g			
Vitamin A 1046			
***************************************		Vitamin (
Calcium 6%		Iron 15%	
 Percent Daily Values diet. Your daily values your calorie needs. 	may be highe	r or lower de	pending on
	Carones:	2,000	2,500
Total Fat September For	Less than		80g
Christiani	Less than		25g 200mg
Soften	Less than		
Potassium	ecol trem	1,500mg	
Total Carbohydrate		300g	375g
Dietary Fiber			300

Contains: Milk, Cashews Net Wt: 10 oz (283g) | 6 units/cs UPC # 808550320018

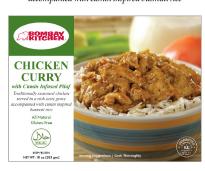






CHICKEN CURRY WITH CUMIN INFUSED PILAF

Traditionally seasoned chicken served in a rich zesty gravy accompanied with cumin inspired basmati rice



Nutrit Serving Size: 10 Servings Per Co	ounces	283a)	ts
Amount Per Servi			
Calories 540	Calories	from fat	150
		5	Daily Valu
Total Fat 17g			265
Saturated Fat 4.	5g		215
Trans Fat 0g			
Cholestrol 90m	9		301
Sodium 480mg			201
Potassium 400	mg		111
Total Carbohyo	Irates 59	3	201
Dietary Fiber 4	la		165
Sugars 3a			
Protein 35g			
Vitamin & 10%		Vitamin (- Sec.
Calcium 8%		Inn 20%	
Percent Daily Values			
det. Your daily values your calorie needs.			
	Calories:	2,000	2,500
Total Fot National For	Less than	65g	80g
Christians	Less than		25g 200me
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate Dietary Fiber		300g 25g	375g 30g
Calories per gram:	onvæste 4 -		

Contains: Milk Net Wt: 10 oz (283g) | 6 units/cs UPC # 808550320063

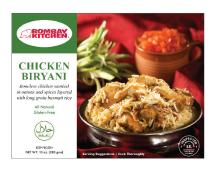






CHICKEN BIRYANI

Boneless chicken sautéed in onions and spices layered with long grain basmati rice



Amount Per Serv	ing		
Calories 255	Calories	from fat	110
			Daily Value
Total Fat 13g			197
Saturated Fat 1	.75g		97
Trans Fat 0a			
Cholestrol 28n	ng		97
Sodium 330mc	i .		141
Potassium 145	mg		41
Total Carbohy	drates 23a		87
Dietary Fiber	1a		41
Sugars 1g			
Protein 13g			
Vitamin A 5%	٧	itamin C	2%
Calcium 3%		Iron 109	
Percent Dolly Value dist. Your daily value your calcrie needs.	s are based on a may be highe Calories	a 2,000 ca rortowerd 2,000	orie opending on 2,500
Total Fat	Less than	65a	600
Saturated Fat	Less than		259
Cholesterol Sodium	Less than		300mg 2600mg
Dringing	Perit (200)	3,500mp	
		3000	3750

Contains: Milk, Cashews Net Wt: 10 oz (283g) | 6 units/cs UPC # 808550300089









Turnover filled with sautéed chicken and spices



Nutrit Serving Size: 11 Servings Per Co	ounces (ts
Amount Per Servi	ng		
Calories 530	Calories	from fat	140
		%	Daily Valu
Total Fat 15g			23
Saturated Fat 4	g		201
Trans Fat 0g			
Cholestrol 85m	ig.		281
Sodium 600mg			25
Potassium 450	ma		131
Total Carbohy	trates 61g		201
Dietary Fiber	3a		131
Sugars 3g			
Protein 35g			
Vitamin A 10%		Vitamin C	10%
Calcium 6%		Iron 15%	
Persent Daily Volue diet. Your daily values your calorie needs.	are based on may be highe Calories:	a 2,000 cak or or lower de 2,000	rie pending on 2,500
Total Fat	Less than		60g
Saturated Fat Choinstern	Less than Less than		25g 300mg
Cholesterol Sodium	Less than		2400mg
Potassium	CC30 I Mari	3,500mg	3500mg
Total Carbonydrate Dietary Fiber		300g 25g	375g 30g
Calories per gram:	otvdrate 4 ·	Protein 4	

Contains: Wheat Net Wt: 10 oz (283g) | 6 units/cs UPC # 80855030119





POTATO & PEAS SAMOSA

Turnover filled with a blend of peas, potatoes, and spices



Serving Size: 11 Servings Per Ci	ounces (283g)	
Amount Per Servi			
	Calories	from fat	150
		- 5	Daily Valu
Total Fat 17g			26
Saturated Fat 4	.5a		21
Trans Fat 0a	-		
Cholestrol 90m			30
Sodium 480mg			20
Potassium 400			11
Total Carbohy			20
Dietary Fiber			16
	49		10
Sugars 3g			
Protein 35g			
Vitamin A 10%		Vitamin (8%
Calcium 8%		Iron 20%	
* Percent Daily Value det. Your daily values your calorie needs.			
Total Fat	Less than	650	800
Saturated Fat	Less than	209	259
Cholesterol Sodium	Less than	300mg 2.400mg	300mg 2430mg
Potassium	Less man	3,500mg	3500mg
Total Carbohidrate		300g	375q
Distary Fiber		250	379g 30g

Contains: Wheat Net Wt: 10 oz (283g) | 6 units/cs UPC # 808550200075







TANDOORI SPINACH CHICKEN WITH CUMIN INFUSED PILAF

Tandoori chicken served in a creamy spinach gravy accompanied with cumin infused basmati rice



Nutriti Serving Size: 10 Servings Per Co	ounces (Fac 283g)	ts
Amount Per Servin	10		
Calories 500	Calories	from fat	150
Total Fat 17g		%	Daily Valu 26'
Saturated Fat 4.	5a		22
Trans Fat 0g			
Cholestrol 75m	q		25
Sodium 510ma	,		21
Potassium 630	ma		18'
Total Carbohyd	rates 62o		21
Dietary Fiber 4			16
Sugars 2g	_		
Protein 26g			
Vitamin A 110%		Vitamin	C 35%
Calcium 10%		Iron 209	16
Percent Daily Values diet. Your daily values i your calorie needs.	are based on may be highe Calories:	a 2,000 can r or lower de 2,000	oria pending on 2,500
Total Fut	Less than	650	800
Saturated Fat Cholesterol	Less than Less than	200 200me	25g 300mg
Sodium	Less than	2,400mg	3400mg
Potassium		3,500mg	3500mg
Total Carponydrate Distany Fiber		3000	3750
		250	300

Contains: Milk, Tree Nuts Net Wt: 10 oz (283g) | 6 units/cs UPC # 808550320056







LAMB BIRYANI

Boneless lamb sautéed in onions and spices, layered with long grain basmati rice



Amount Per Sen			
Calories 280	Calories		
Calones 280	Calones	from fal	110
		- 1	Daily Valu
Total Fat 13g			19
Saturated Fat 2	1.5g		12
Trans Fat 0g			
Cholestrol 25r	na		9'
Sodium 240mg	1		101
Potassium 24	ma		71
Total Carbohy			81
Dietary Fiber			5'
Sugars 3g	19		,
Protein 11a			
Protein 11g			
Vitamin A 4%	V	itamin C	4%
Calcium 4%		Iron 15%	
* Percent Daily Value diet. Your daily value your colorie needs.		r or lower o	
	Calories:	2,000	2,500
Total Fat Soberstad For	Less tran		60g
Saturated Fat Cholesterol	Less than Less than		25g 300mg
Sodium	Less than	2,400mg	2400mg
		1,500mg	5500mg
Potassium Total Carbohydrate		2002	5750

Contains: Milk, Cashews Net Wt: 10 oz (283g) | 6 units/cs UPC # 808550300171









MATTER PANEER WITH **CUMIN INFUSED PILAF**

Cubes of homemade cheese and green peas sautéed in a traditional sauce accompanied with cumin inspired basmati rice



Nutrit Serving Size: 10 Servings Per Co	ounces (ts
Amount Per Servi	ng		
Calories 500	Calories	from fat	150
		%	Daily Val
Total Fat 17g			26
Saturated Fat 4.	59		22
Trans Fat Og			
Cholestrol 75m	0		25
Sodium 510mg			21
Potassium 630	ma		18
Total Carbohyd	Irates 62c		21
Dietary Fiber 4	la		16
Sugars 2a			
Protein 26a			
Vitamin A 110%		Vitamin	c 35%
Calcium 10%		Iron 205	
Percent Daily Values			
det. Your daily salues your calorie needs.	may be highe	r or lower de	pending on
	Catories	2,000	2,500
Total Fat	Less than		60g
Saturated Fat.	Less than Less than		25g 300mg
Antium.	Less than		2400mg
Potassium		3,500mg	3530mg
Total Carbonychate		300g	375g
Dietary Fiber		250	30g

Contains: Milk Tree Nuts Net Wt: 10 oz (283g) | 6 units/cs UPC # 808550200020







EGGPLANT BHARTA WITH GINGER GARLIC PILAF

Roasted eggplant, to mato and onions sautéed and seasoned in Indian spices served with ginger garlic infused basmati rice



Serving Size: 5 Servings Per C	ion ounces (1 ontainer: 2	42a)	ts
Amount Per Sen	ring		
Calories 255	Calories	from fa	110
		,	6 Daily Val
Total Fat 13g			19
Saturated Fat 1	1.75g		9
Trans Fat 0g			
Cholestrol 28s	ng		9
Sodium 330m	3		14
Potassium 14	5 mg		4
Total Carbohy	drates 23g	,	8
Dietary Fiber	1a		4
Sugare 1g			
Protein 13g			
Vitamin A 5%	٧	fitamin C	2%
Calcium 3%		Iron 109	6
Percent Daily Value	s are based or	na 2,000 ca	iorie
diet. Your doily value your calorie needs.	s may be highe	e, or green o	epending on
,	Calories:	2,000	2,500
Total Fat	Less than		800
Saturated Pat Chrokeshers	Less than		25g 300mg
Sodium	Less than	2,400mg	2600mg
		3,500mg	3500mg 375g
Total Carbohydrate			300

Net Wt: 10 oz (283g) | 6 units/cs UPC # 808550200068







VEGETABLE KORMA WITH RICE

A medley of nine vegetables sautéed with hyerbs and spices in a light sauce with basmati rice



Serving Size: 5 Servings Per Co	ounces (1	4Zg)	
Amount Per Servi			
Calories 200	Calories	from fat	150
		- 5	Finity Value
Total Fat 16g			Daily Value 25%
Saturated Fat 8	g		40%
Trans Fat 0g			
Cholestrol 45n	19		15%
Sodium 250mg			12%
Total Carbohy	drates 10c		3%
Dietary Fiber	1a		4%
Sugars 1a			
Protein 10a			
Protein 10g Vitamin A 20%	_	Vitamin (25%
		Vitamin (25%
Vitamin A 20%	s are based or may be highe	Iron 4% a 2,000 car r or lower de	orie ipending on
Vitamin A 20% Calcium 4% * Persent bally value det, Your daily value your calorie needs.	s are based or may be highe Calories:	Iron 4% a 2,000 car r or lower or 2,000	orie pending on 2,600
Vitamin A 20% Calcium 4% • Persent Daily Value det, Your daily value	s are based or may be highe	2,000 2,000 2,000	orie ipending on
Vitamin A 20% Calcium 4% Fercen culy value dist for daily value your calorie needs. Tool rac Selurated Pat Cholesterol	s are based or may be highe Calories: Less than Less than Less than	2,000 cas 2,000 cas 2,000 cs 2,000 cs 2,000 cs 2,000 cs 2,000 cs	orie pending on 2,500 80g 25g 300mg
Vitamin A 20% Calcium 4% * Percent Daily Value dist. Your daily value your calcrie needs. Total Fix Solurated Fix Cholesterol Solium	s are based or may be highe Calories: Less than Less than	2,000 car r r r tower or 2,000 cag 20g 200mg 2,400mg	pending on 2,500 80g 25g 300mg 340mg
Vitamin A 20% Calcium 4% Fercen culy value dist for daily value your calorie needs. Tool rac Selurated Pat Cholesterol	s are based or may be highe Calories: Less than Less than Less than	2,000 cas 2,000 cas 2,000 cs 2,000 cs 2,000 cs 2,000 cs 2,000 cs	orie pending on 2,500 80g 25g 300mg

Contains: Tree Nuts Net Wt: 10 oz (283g) | 6 units/cs UPC # 808550200051







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PALAK PANEER WITH RICE

Cubes of homemade cheese and spinach sautéed with spices, served with ginger and garlic infused basmati rice



contrager or oc	intainer: 1		
Amount Per Servi	19		
Calories 380	Calories	from fat	160
		%	Daily Val
Total Fat 17g			27
Saturated Fat 6	2		29
Trans Fat Oo			
Cholestrol 80m	0		26
Sodium 630mg			26
Potassium 560	ma		16
Total Carbohyd			12
Dietary Fiber 3		_	13
Sugars 7a	.9		- 13
Protein 20g			
Protein 20g			
Vitamin A 15%		Vitamin C	20%
Calcium 6%		Iron 20%	
Percent Doily Values det. Your doily values your calorie needs.	may be highe	r or lower de	pending on
	Catories	2,000	2,500
Total Fat	Less than		80g
Saturated Fat Cholosterol	Less than Less than		25g 300mg
bodium	Less than	2,400mg	2400mg
Petassium		2,500mg	3500mg
Total Carbohydrate Dietary Fiber		200g 25e	375g 300

Contains: Milk. Cashews Net Wt: 10 oz (283g) | 6 units/cs UPC # 808550200037







CHICKEN SEEKH KABAB

Minced chicken mixed with spices skewered and cooked in a traditional oven



Serving Size: 5 Servings Per Co	ounces (1- ontainer: 2	42g)	
Amount Per Servi			
Calories 260	Calories	from fat	110
		%	Daily Valu
Total Fat 13g			191
Saturated Fat 2	.5g		123
Trans Fat 0g			
Cholestrol 25m	10		91
Sodium 240mg			101
Potassium 240	ma		79
Total Carbohyo			89
Dietary Fiber			51
Sugars 3g	19		31
Protein 11g			
Vitamin A 4%	٧	itamin C	4%
Calcium 4%		Iron 15%	
Percent Daily Values diet. Your daily values your calorie needs.	are based on may be higher Catories:	a 2,000 call r or losser de 2,000	orie pending on 2,500
Total Fat	Less than	650	50g
Saturated Fat	Less than	200	250
Cholesterol	Less than	300mg	300mg
Sodium Detaction	Less than	2,400mg 3,500mg	2400mg
Total Carponygues		3,500mg 300g	3500mg 3750
Dietary Piber		250	3/5g 30g

Contains: Milk Net Wt: 10 oz (283g) | 6 units/cs UPC # 808550300027





LAMB SEEKH KABAB

Minced lamb mixed with spices, skewered and cooked in traditional oven



Nutrit Serving Size: 2	pieces (14		
Servings Per C	ontainer: 2	-	
Amount Per Serv	ing		
Calories 410	Calories	from fat	250
		%	Daily Valu
Total Fat 28g			435
Saturated Fat 1	1g		57
Trans Fat 0g			
Cholestrol 140	img		475
Sodium 490mc			201
Potassium 520	ma		151
Total Carbohy			15
Dietary Fiber		la	44
Supers Do		,	
Protein 35a			
_			
Vitamin A 15%		Vitamin (15%
Calcium 4%		Iron 20%	
1 Percent Daily Value			
diet. Your daily values your calorie needs.	may be highe	n or lower de	pending on
,	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	209	259
Cholesterol Sodium	Less than	soong	soomg
Sodium Defension	cess than	2,400mg 3,500mg	2400mg 2500mg
Total Carbohydrate		2002	375g
Distany Fiber		250	300

Net Wt: 10 oz (283g) | 6 units/cs UPC # 808550300010





CHANA MASALA WITH RICE

A delicious combination of chickpeas, onions, tomatoes and Indian spices with basmati rice



Nutrit			ts
Serving Size: 5	ounces (1	42g)	
Servings Per Co	ontainer: Z		
Amount Per Servi	ng		
Calories 200	Calories	from fat	120
		5	Daily Value
Total Fat 13g			20%
Saturated Fat 2	9		10%
Trans Fat 0q			
Cholestrol 5mc			2%
Sodium 420mg			18%
Total Carbohyo	frates 17c		6%
Dietary Fiber	la		16%
Sugars 2g			
Protein 5g			
Vitamin A 10%		Vitamin (: 15%
Calcium 4%		Iron 10%	
Percent Daily Value			
diet. Your daily values your calorie needs.			
	Catories:	2,000	2,500
Total Flat	Less than		809
Saturated Fat Cholesterol	Less than Less than		25g 300mg
Sodium	Less than	2,400mg	2400mg
Potassium		3,500mg	3500mg
Total Carbohydrate Distary Fiber		300g 25g	376g 30g
Calories per grant			

Contains: Milk, Tree Nuts Net Wt: 10 oz (283g) | 6 units/cs UPC # 808550200037









