

Week 1 - Winter Spring - Lunch Alternatives

| | |
|------------|---|
| Monday | Chickpea Madras, Wholemeal Rice |
| BPL / SF | <u>Bean Pulse Legume Free Sweet Veggie Madras</u> Quinoa, Sweet Potatoes, Coconut Milk, Mixed Peppers, Tomatoes, Carrots, Onions, Garlic, Spinach, Tomato Puree, Cumin, Turmeric, Coriander, Mild Curry Powder |
| Tuesday | Roast Chicken, Gravy, Mashed Potatoes, Peas |
| P / V / VA | <u>Meat Free Roast</u> 1 x Falafel fillet (chickpeas, onions, garlic, parsley, coriander, cumin, turmeric) in Gravy |
| HAL | <u>Halal Chicken Roast</u> Halal Chicken in Gravy |
| Wednesday | Veggie Chilli S, Couscous G |
| BPL / SF | <u>Bean, Pulse, Legume (Soya) Free Veggie Chilli</u> Quinoa, Mixed Peppers, Carrots, Onions, Tomatoes, Gravy, Garlic, Cumin, Oregano, Smoked Paprika |
| GF | <u>Side Alternative</u> Gluten Free Couscous |
| Thursday | Beef and Mushroom Stroganoff D, Organic Pasta G |
| V / VA / P | <u>Meat Free Stroganoff</u> Soya Mince S, Mushrooms, Plant Based Cream, Potatoes, Mixed Peppers, Onions, Carrots, Gravy, Garlic, Smoked Paprika |
| HAL | <u>Halal Beef and Mushroom Stroganoff</u> Halal Beef, Mushrooms, Double Cream D, Potatoes, Mixed Peppers, Onions, Carrots, Gravy, Garlic, Smoked Paprika |
| DF | <u>Dairy Free Beef and Mushroom Stroganoff</u> Beef, Mushrooms, Plant Based Cream, Potatoes, Mixed Peppers, Onions, Carrots, Gravy, Garlic, Smoked Paprika |
| Friday | Apricot and Rosemary Chicken, Rice |
| V / VA / P | <u>Apricot and Rosemary Tofu</u> Tofu Pieces S, Apricots, Sweet Potatoes, Aubergine, Courgettes, Mixed Peppers, Onions, Tomatoes, Gravy, Garlic, Rosemary |
| HAL | <u>Halal Apricot and Rosemary Chicken</u> Halal Chicken, Apricots, Sweet Potatoes, Aubergine, Courgettes, Mixed Peppers, Onions, Tomatoes, Gravy, Garlic, Rosemary |

Week 2 - Winter Spring - Lunch Alternatives

| | |
|------------|---|
| Monday | Mediterranean Tomato Sauce, Organic Pasta, Grated Cheddar Cheese |
| DF / VA | <u>Dairy Free Mediterranean Tomato Sauce</u> Tomatoes, Onions, Courgettes, Aubergine, Mixed Peppers, Red Lentils, Roasted Red Peppers, Olives, Sweetcorn, Garlic, Basil, Oregano, Smoked Paprika, Dairy Free Cheese |
| BPL | <u>Bean, Pulse, Legume Free Mediterranean Pasta Sauce</u> Tomatoes, Onions, Courgettes, Aubergine, Mixed Peppers, Quinoa, Roasted Red Peppers, Olives, Sweetcorn, Garlic, Basil, Oregano, Smoked Paprika, Cheddar Cheese |
| GF | <u>Side Alternative</u> Gluten Free Pasta |
| Tuesday | Thai Green Curry Rice |
| VA / EF | <u>Vegan Thai Green Curry</u> Chickpeas, Peas, Sweetcorn, Coconut Milk, Thai Green Curry Paste, Lime Juice, Onions, Spinach, Gravy, Garlic, Tomato Puree, Coriander |
| BPL | <u>Bean, Pulse, Legume Free Thai Green Curry</u> Quorn Pieces E, Sweetcorn, Coconut Milk, Thai Green Curry Paste, Lime Juice, Onions, Spinach, Gravy, Garlic, Tomato Puree, Coriander |
| Wednesday | Lamb Tagine, Couscous G |
| V / VA / P | <u>Vegan Tagine</u> Soya Mince S, Aubergine, Courgettes, Sweet Potatoes, Mixed Peppers, Dates, Apricots, Tomatoes, Onions, Garlic, Cumin, Cinnamon |
| GF | <u>Side Alternative</u> Gluten Free Couscous |
| Thursday | Chicken Fajitas, Rice |
| V / VA / P | <u>Vegan Fajitas</u> Tofu S, Onions, Mixed Peppers, Tomatoes, Gravy, Garlic, Smoked Paprika, Cumin, Oregano |
| HAL | <u>Halal Chicken Fajitas</u> Halal Chicken, Onions, Mixed Peppers, Tomatoes, Gravy, Garlic, Smoked Paprika, Cumin, Oregano |
| Friday | Roast Beef in Gravy, New Potatoes, Mixed Vegetables |
| V / VA / P | <u>Meat Free Roast</u> 1 x Falafel fillet (chickpeas, onions, garlic, parsley, coriander, cumin, turmeric) in Gravy |
| HAL | <u>Halal Roast</u> <u>Halal Chicken, Gravy</u> |
| BPL | <u>Side Alternative</u> Carrots |

Week 3 - Winter Spring - Lunch Alternatives

| | |
|------------|---|
| Monday | Chicken Tikka Masala, Rice |
| V / VA / P | <u>Vegan Tikka Masala</u> Tofu Pieces S , Mango, Sweet Potatoes, Coconut Milk, Mixed Peppers, Onions, Tomatoes, Peas, Garlic, Coriander, Cumin, Garam Masala, Ginger, Turmeric |
| HAL | <u>Halal Chicken Tikka Masala</u> Halal Chicken, Mango, Sweet Potatoes, Coconut Milk, Mixed Peppers, Onions, Tomatoes, Peas, Garlic, Coriander, Cumin, Garam Masala, Ginger, Turmeric |
| BPL | <u>Bean Pulse Legume Free Chicken Tikka Masala</u> Chicken, Mango, Sweet Potatoes, Coconut Milk, Mixed Peppers, Onions, Tomatoes, Quinoa, Garlic, Coriander, Cumin, Garam Masala, Ginger, Turmeric |
| Tuesday | Veggie Shepherds Pie, Sweetcorn |
| BPL | <u>Bean Pulse Legume Free Shepherds Pie</u> Quinoa, Gravy, Leeks, Onions, Carrots, Swede, Garlic, Spinach, Worcestershire Sauce, Oregano |
| Wednesday | Veggie Sausage in Gravy, Mashed Potatoes, Carrots |
| TF / BPL | <u>Bean Pulse Legume Free Roast</u> Quorn Pieces E |
| Thursday | Salmon and Roasted Red Pepper F , Organic Pasta G , Grated Cheddar Cheese D |
| V | <u>Veggie Roasted Red Pepper Sauce</u> Roasted Red Peppers, Red Lentils, Tomatoes , Onions, Mixed Peppers, Garlic, Basil, Oregano, Cheddar Cheese D |
| VA | <u>Vegan Roasted Red Pepper Sauce</u> Roasted Red Peppers, Red Lentils, Tomatoes , Onions, Mixed Peppers, Garlic, Basil, Oregano, Dairy Free Cheese |
| DF | <u>Dairy Free Beef and Mushroom Stroganoff</u> Roasted Red Peppers, Salmon F , Tuna F , Tomatoes , Onions, Mixed Peppers, Garlic, Basil, Oregano, Dairy Free Cheese |
| GF | <u>Side Alternative</u> Gluten Free Pasta |
| Friday | Beef Ragu, Couscous G |
| V / VA / P | <u>Vegan Ragu</u> Vegan Mince S , Tomatoes, Mixed Peppers, Red Lentils, Roasted Red Peppers, Onions, Carrots, Spinach, Gravy, Garlic, Basil, Oregano |
| BPL | <u>Bean Pulse Legume</u> Beef, Tomatoes, Mixed Peppers, Quinoa, Roasted Red Peppers, Onions, Carrots, Spinach, Gravy, Garlic, Basil, Oregano |
| HAL | <u>Halal Beef Ragu</u> Halal Chicken, Tomatoes, Mixed Peppers, Red Lentils, Roasted Red Peppers, Onions, Carrots, Spinach, Gravy, Garlic, Basil, Oregano |
| GF | <u>Side Alternative</u> Gluten Free Couscous |