

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> 1x Falafel fillet (chickpeas, onions, garlic, parsley, coriander, cumin, turmeric) in Gravy
HAL	<u>Halal Roast</u> Halal Chicken, Gravy.
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