

# Autumn Winter - Week One Lunch Alternatives

WEEK 1, MONDAY	Chicken Curry & Pilau Rice
V / VA / P / HAL	Vegan Curry
	Tofu <b>S</b> , Coconut Milk, Tomatoes <b>T</b> , Onions, Mixed Peppers, Carrots, Spinach, Garlic, Coriander, Cumin, Turmeric, Garam Masala, Ginger
TF	Tomato Free Chicken Curry
	Chicken, Coconut Milk, Roasted Red Pepper Sauce, Onions, Mixed Peppers, Carrots, Spinach, Garlic, Coriander, Cumin, Turmeric, Garam Masala, Ginger

WEEK 1, TUESDAY	Organic Beef Goulash, Wholemeal Pasta
V / VA / P	Vegan Goulash
	Soya Mince <b>S</b> , Dairy Free Cream, Mixed peppers, Red Lentils, Onions, Tomatoes <b>T</b> , Swede, Carrots, Garlic, Paprika, Parsley, Gravy
HAL	Halal Beef Goulash
	Halal Beef Mince, Cream <b>D</b> , Mixed peppers, Red Lentils, Onions, Tomatoes <b>T</b> , Swede, Carrots, Garlic, Paprika, Parsley, Gravy
TF / BPL	Tomato Free Goulash
	Organic Beef Mince, Cream <b>D</b> , Mixed Peppers, Quinoa, Onions, Roasted Red Pepper Sauce, Swede, Carrots, Garlic, Paprika, Parsley, Gravy
DF	Dairy Free Goulash
	Organic Beef Mince, Plant Based Cream, Mixed peppers, Red Lentils, Onions, Tomatoes <b>T</b> , Swede, Carrots, Garlic, Paprika, Parsley, Gravy
GF	Gluten Free Goulash Pasta Bake
	Organic Beef Mince, Cream <b>D</b> , Mixed peppers, Red Lentils, Onions, Tomatoes <b>T</b> , Swede, Carrot, Garlic, Paprika, Parsley, Gravy, Gluten Free Pasta

WEEK 1, WEDNESDAY	Fruity Chickpea Tagine, Couscous
TF	Tomato Free Fruity Chickpea Tagine
	Chickpeas, Sweet Potatoes, Mixed Peppers, Aubergine, Courgettes, Roasted Red Pepper Sauce, Onions, Apricots, Dates, Garlic, Gravy, Coriander, Cumin, Mixed Spice
BPL	Bean Pulse Legume Free Fruity Tagine
	Quinoa, Sweet Potato, Mixed Peppers, Aubergine, Courgettes, Tomatoes <b>T</b> , Onions, Apricots, Dates, Garlic, Gravy, Coriander, Cumin, Mixed Spice
GF	Side Alternative
	Gluten Free Couscous

WEEK 1, THURSDAY	Roast Pork, New Potatoes, Mixed Vegetables, Gravy
V / VA / P	Plant-Based Roast
	1 x Falafel Fillet in Gravy (chickpeas, onions, garlic, parsley, coriander, cumin, turmeric), Gravy
HAL	Halal Chicken Roast
	1 x Halal Chicken Fillet, Gravy
BPL	Side Alternative
	Sliced Carrots

WEEK 1, FRIDAY	Quorn and Tarragon Pie, Sweetcorn
VA / EF	Tofu and Tarragon Pie
	Tofu <b>S</b> , Sweet Potato, Swede, Parsnips, Peas, Onions, Spinach, Carrots, Garlic, Tarragon, Gravy
BPL	Bean, Pulse, Legume Free Quorn and Tarragon Pie
	Quorn <b>E</b> , Sweet Potato, Swede, Parsnips, Sweetcorn, Onions, Spinach, Carrots, Garlic, Tarragon, Gravy