

Autumn Winter - Week Two Lunch Alternatives

WEEK 2, MONDAY	Veggie Chilli, Baked Potato, Grated Cheese
SF / BPL	Soya and Bean Pulse Legume Free Veggie Chilli
	Quinoa, Mixed Peppers, Carrots, Tomatoes T , Onions, Smoked Paprika, Garlic, Cumin, Oregano, Gravy, Baked Potato, Cheddar Cheese D
TF	Tomato Free Veggie Chilli
	Soya Mince S , Kidney Beans, Mixed Peppers, Carrots, Roasted Red Pepper Sauce, Onions, Smoked Paprika, Garlic, Cumin, Oregano, Gravy, Baked Potato, Cheddar Cheese D
DF / VA	Dairy Free Veggie Chilli
	Soya Mince S , Kidney Beans, Mixed Peppers, Carrots, Tomato T , Onions, Smoked Paprika, Garlic, Cumin, Oregano, Gravy, Baked Potato, Dairy Free Cheese

WEEK 2, TUESDAY	Caribbean Fish Stew, Rice
V / VA	Caribbean Bean Stew
	Borlotti Beans, Sweet Potato, Black Beans, Mixed Peppers, Aubergine, Onions, Courgettes, Tomatoes T , Mixed Spice, Thyme, Cumin, Coriander, Gravy, Garlic
TF	Tomato Free Caribbean Fish Stew
	Tuna F , Sweet Potato, Black Beans, Mixed Peppers, Aubergine, Onions, Courgettes, Roasted Red Pepper Sauce, Mixed Spice, Garlic, Thyme, Coriander, Cumin, Gravy
BPL	Bean, Pulse, Legume Free Caribbean Fish Stew
	Tuna F , Sweet Potato, Quinoa, Mixed Peppers, Aubergine, Onions, Courgettes, Tomatoes T , Mixed Spice, Garlic, Thyme, Coriander, Cumin, Gravy

WEEK 2, WEDNESDAY	Creamy Chicken, Organic Pasta
V / P / VA	Creamy Lentil Sauce
	Lentils, Plant Based Cream, Mixed Peppers, Onions, Carrots, Tomatoes T , Garlic, Gravy, Sweetcorn, Basil, Smoked Paprika, Oregano
TF	Tomato Free Creamy Chicken
	Chicken, Cream D , Mixed Peppers, Onions, Carrots, Roasted Red Pepper Sauce, Garlic, Gravy, Sweetcorn, Basil, Smoked Paprika, Oregano,
HAL	Halal Creamy Chicken
	Halal Chicken, Cream D , Mixed Peppers, Onions, Carrots, Tomato T , Garlic, Gravy, Sweetcorn, Basil, Smoked Paprika, Oregano
DF	Dairy Free Creamy Chicken
	Chicken, Plant Based Cream, Mixed Peppers, Onions, Carrots, Tomatoes T , Garlic, Gravy, Sweetcorn, Basil, Smoked Paprika, Oregano
GF	Gluten Free Creamy Chicken
	Chicken, Cream D , Mixed Peppers, Onions, Carrots, Tomato T , Garlic, Gravy, Sweetcorn, Basil, Smoked Paprika, Oregano, Gluten Free Pasta

WEEK 2, THURSDAY	Veggie Meatballs S T New Potatoes, Carrots and Swede, Gravy
SF / TF	Soya and Tomato Free Roast
	1 x Falafel Fillet in Gravy (chickpeas, onions, garlic, parsley, coriander, cumin, turmeric)

WEEK 2, FRIDAY	Organic Beef Stew, Wholemeal Roll
V / VA / P	Veggie Stew
	Soya Mince S , Onions, Carrot, Swede, Potatoes, Parsnips, Gravy, Spinach, Worcestershire Sauce, Garlic
HAL	Halal Beef Stew
	Halal Beef, Onions, Carrots, Swede, Potatoes, Parsnips, Gravy, Spinach, Worcestershire Sauce, Garlic
GF	Side Alternative
	Gluten Free Roll