

Autumn Winter - Week Three Lunch Alternatives

WEEK 3, Monday	Salmon Arablata, Wholemeal Pasta, Cheddar Cheese
V	Vegetarian Arablata Pasta Bake Quinoa, Roasted Red Peppers, Red Lentils, Chilli, Onions, Mixed Peppers, Tomatoes T , Carrots, Garlic, Basil, Parsley, Oregano, Wholemeal Pasta G , Grated Cheddar Cheese D
VA	Vegan Arablata Pasta Bake Quinoa, Roasted Red Peppers, Red Lentils, Chilli, Onions, Mixed Peppers, Tomatoes T , Carrots, Garlic, Basil, Parsley, Oregano, Wholemeal Pasta G , Dairy Free Cheese
TF	Tomato Free Salmon Arablata Pasta Salmon F , Roasted Red Pepper Sauce, Red Lentils, Chilli, Onions, Mixed Peppers, Carrots, Garlic, Basil, Parsley, Oregano, Wholemeal Pasta G , Grated Cheddar Cheese D
DF	Dairy Free Salmon Arablata Bake Salmon F , Roasted Red Peppers, Red Lentils, Chilli, Onions, Mixed Peppers, Tomatoes T , Carrots, Garlic, Basil, Parsley, Oregano, Wholemeal Pasta G , Dairy Free Cheese
GF	Gluten Free Salmon Arablata Bake Salmon F , Roasted Red Peppers, Red Lentils, Chilli, Onions, Mixed Peppers, Tomatoes T , Carrots, Garlic, Basil, Parsley, Oregano, Gluten Free Pasta , Grated Cheddar Cheese D
WEEK 3, TUESDAY	Sweet Potato & Chickpea Mild Madras Curry & Rice
TF	Tomato Free Sweet Potato & Chickpea Mild Madras Curry Sweet Potato, Chickpeas, Coconut Milk, Sweetcorn, Onions, Carrots, Mixed Peppers, Roasted Red Pepper Sauce, Spinach, Garlic, Cumin, Turmeric, Coriander, Mild Madras Curry Powder
BPL	Bean, Pulse, Legume Free Sweet Potato Mild Madras Curry Sweet Potato, Quinoa, Coconut Milk, Sweetcorn, Onions, Carrots, Mixed Peppers, Tomatoes T , Spinach, Garlic, Cumin, Turmeric, Coriander, Mild Madras Curry Powder
WEEK 3, WEDNESDAY	Vegan Sausages G New Potatoes, Gravy, Peas
GF	Gluten Free Roast 1 x Falafel Fillet in Gravy (chickpeas, onions, garlic, parsley, coriander, cumin, turmeric)
WEEK 3, THURSDAY	Homemade Baked Beans, Jacket Potato, Cheddar Cheese
BPL	Bean Pulse Legume Free Sauce, Baked Potato, Cheddar Cheese Quinoa, Sweetcorn, Tomato T , Onions, Garlic, Smoked Paprika, Cumin, Worcestershire Sauce, Apple Sauce, Baked Potato, Cheddar Cheese D
TF	Tomato Free Homemade Baked Beans, Baked Potato, Cheddar Cheese Canellini Beans, Roasted Red Pepper Sauce, Onions, Carrots, Garlic, Smoked Paprika, Cumin, Worcestershire Sauce, Apple Sauce, Baked Potato, Cheddar Cheese D
DF/VA	Homemade Baked Beans, Jacket Potato, Dairy Free Cheese Canellini Beans, Tomato T , Onions, Carrots, Garlic, Smoked Paprika, Cumin, Worcestershire Sauce, Apple Sauce, Baked Potato, Dairy Free Cheese
WEEK 3, FRIDAY	Gloucestershire Pie & Green Beans
V / VA / P	Vegan Gloucestershire Pie Soya Mince S , Potatoes, Swede, Turnips, Onions, Carrots, Celery C , Rosemary, Apples, Sage, Gravy, Puff Pastry G
GF	Gluten Free Gloucestershire Pie Lamb Mince, Potatoes, Swede, Turnips, Onions, Carrots, Celery C , Rosemary, Apples, Sage, Gravy, Mashed Potato