

Autumn Winter - Week Four Lunch Alternatives

WEEK 4, MONDAY	Ratatouille, Wholemeal Pasta, Cheddar Cheese
TF	Tomato Free Ratatouille Pasta Bake Roasted Red Pepper Sauce, Red Lentils, Onions, Mixed Peppers, Garlic, Spinach, Basil, Oregano, Wholemeal Pasta G, Cheddar Cheese D
DF / VA	Vegan Ratatouille Pasta Bake Tomatoes T , Red Lentils, Onions, Mixed Peppers, Aubergine, Courgettes, Garlic, Spinach, Basil, Oregano, Wholemeal Pasta G, Dairy Free Cheese
GF	Gluten Free Ratatouille Pasta Bake Tomatoes T , Red Lentils, Onions, Mixed Peppers, Aubergine, Courgettes, Garlic, Spinach, Basil, Oregano, Gluten Free Pasta, Cheddar Cheese D
BPL	Bean Pulse Legume Free Ratatouille Pasta Bake Tomatoes T , Quinoa, Onions, Mixed Peppers, Aubergine, Courgettes, Garlic, Spinach, Basil, Oregano, Wholemeal Pasta G, Cheddar Cheese D

WEEK 4, TUESDAY	Five Spice Chicken, Rice
V / VA / P	Five Spice Tofu Tofu S , Mixed Peppers, Bean Sprouts S , Bamboo Shoots, Water Chestnuts, Red Onions, Baby Sweetcorn, Sugarsnap Peas, Onions, Carrots, Tomato T , Spinach, Five Spice, Garlic, Coriander, Cumin, Apple Sauce, Gravy
TF	Tomato Free Five Spice Chicken Chicken, Mixed Peppers, Bean Sprouts S , Bamboo Shoots, Water Chestnuts, Red Onions, Baby Sweetcorn, Sugarsnap Peas, Onions, Carrots, Roasted Red Pepper Sauce, Spinach, Five Spice, Garlic, Coriander, Cumin, Apple Sauce, Gravy
Hal	Halal Five Spice Chicken Halal Chicken, Mixed Peppers, Bean Sprouts S , Bamboo Shoots, Water Chestnuts, Red Onions, Baby Sweetcorn, Sugarsnap Peas, Onions, Carrots, Tomato T , Spinach, Five Spice, Garlic, Coriander, Cumin, Apple Sauce, Gravy

WEEK 4, WEDNESDAY	Roast Beef, New Potatoes, Mixed Vegetables, Gravy
V / VA / HAL / P	Plant Based Roast 1 x Falafel Fillet in Gravy (chickpeas, onions, garlic, parsley, coriander, cumin, turmeric)
BPL	Side Alternative Carrots

WEEK 4, THURSDAY	Lentil Dahl, Wholemeal Rice, Naan
BPL	Bean, Pulse, Legume Free Dahl Quinoa, Coconut Milk, Onions, Mixed Peppers, Tomato T , Spinach, Carrots, Garlic, Cumin, Tumeric, Mild Madras Curry Powder, Coriander
TF	Tomato Free Lentil Dahl Red Lentils, Coconut Milk, Peas, Onions, Mixed Peppers, Roasted Red Pepper Sauce, Spinach, Carrots, Garlic, Cumin, Tumeric, Mild Madras Curry Powder, Coriander
GF	Side Alternative Gluten Free Wrap

WEEK 4, FRIDAY	Lamb Ragu, Minted Couscous
V / VA / P	Plant Based Ragu Soya Mince S, Tomatoes T , Roasted Red Peppers, Onions, Carrots, Spinach, Garlic, Rosemary, Oregano, Gravy
TF	Tomato Free Lamb Ragu Lamb Mince, Roasted Red Pepper Sauce, Onions, Carrots, Spinach, Garlic, Rosemary, Oregano, Gravy
GF	Side Alternative Gluten Free Couscous