



Week 1 Autumn Winter – Lunch

W/C – 2nd Sep, 30th Sep, 28th Oct, 25th Nov

	First Course	Ingredients	Second Course	Ingredients
Monday	Chicken Curry Pilau Rice	Chicken, Coconut Milk, T Tomatoes, Onions, Mixed Peppers, Carrots, Spinach, Garlic, Coriander, Cumin, Turmeric, Garam Masala, Ginger, Rice	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
Tuesday	Organic Beef Goulash Wholemeal Pasta	Organic Beef Mince, D Cream, Mixed Peppers, Red Lentils, Onions, T Tomatoes, Swede, Carrots, Garlic, Paprika, Parsley, Gravy, Wholemeal Pasta G	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Wednesday	Fruity Chickpea Tagine Couscous	Chickpeas, Sweet Potato, Mixed Peppers, Aubergine, Courgettes, T Tomatoes, Onions, Apricots, Dates, Garlic, Gravy, Coriander, Cumin, Mixed Spice, Couscous G	Spiced Pumpkin & Date Sponge	Self-raising F Flour G , Caster Sugar, E Free Range Eggs, Rapeseed Oil, Dates, Butternut Squash, Mixed Spice
Thursday	Roast Pork Gravy New Potatoes Mixed Vegetables	Pork, Potatoes, Broad Beans, Carrots, Green Beans, Peas, Sweetcorn, Gravy	Fruit Salad	Peaches, Pineapple, Melon
Friday	Quorn & Tarragon Pie Sweetcorn	E Quorn, Sweet Potato, Swede, Parsnips, Peas, Onions, Spinach, Carrots, Garlic, Tarragon, Gravy, Mashed Potato Sweetcorn	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice

Allergen keys

G - Contains Gluten **D** - Contains Dairy Products **E** - Contains Egg **S** - Contains Soya
SD - Contains Sulphur Dioxide **F** - Contains Fish **T** - Contains Tomato **C** - Contains Celery

ALL OF THESE DISHES ARE FREE FROM PEANUTS, TREE NUTS, SESAME SEEDS, MUSTARD, LUPIN, CRUSTACEA AND MOLLUSCS.



Autumn Winter - Week One Lunch Alternatives

WEEK 1, MONDAY	Chicken Curry & Pilau Rice
V / VA / P / HAL	Vegan Curry
	Tofu S , Coconut Milk, Tomatoes T , 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 S , Dairy Free Cream, Mixed peppers, Red Lentils, Onions, Tomatoes T , Swede, Carrots, Garlic, Paprika, Parsley, Gravy
HAL	Halal Beef Goulash
	Halal Beef Mince, Cream D , Mixed peppers, Red Lentils, Onions, Tomatoes T , Swede, Carrots, Garlic, Paprika, Parsley, Gravy
TF / BPL	Tomato Free Goulash
	Organic Beef Mince, Cream D , 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 T , Swede, Carrots, Garlic, Paprika, Parsley, Gravy
GF	Gluten Free Goulash Pasta Bake
	Organic Beef Mince, Cream D , Mixed peppers, Red Lentils, Onions, Tomatoes T , 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 T , 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 S , Sweet Potato, Swede, Parsnips, Peas, Onions, Spinach, Carrots, Garlic, Tarragon, Gravy
BPL	Bean, Pulse, Legume Free Quorn and Tarragon Pie
	Quorn E , Sweet Potato, Swede, Parsnips, Sweetcorn, Onions, Spinach, Carrots, Garlic, Tarragon, Gravy



Week 2 Autumn Winter – Lunch

W/C 9th Sep, 7th

Oct, 4th Nov, 2nd Dec

	First Course	Ingredients	Second Course	Ingredients
Monday	Veggie Chilli Baked Potato Grated Cheddar	Soya Mince S , Kidney Beans, Mixed Peppers, Carrots, Tomatoes T , Onions, Smoked Paprika, Garlic, Cumin, Oregano, Gravy, Baked Potato Cheddar Cheese D ,	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Tuesday	Caribbean Fish Stew Rice	Tuna F , Sweet Potato, Black Beans, Mixed Peppers, Aubergine, Onions, Courgettes, Tomatoes T , Mixed Spice, Garlic, Thyme, Coriander, Cumin, Gravy, Rice	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
Wednesday	Creamy Chicken Organic Pasta	Chicken, Cream D , Mixed Peppers, Onions, Carrots, Tomatoes T , Garlic, Gravy, Sweetcorn, Basil, Smoked Paprika, Oregano, Organic Pasta G	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Thursday	Veggie Meatballs New Potatoes Carrot and Swede Gravy	Veggie Meatballs S T , New Potatoes, Carrots and Swede, Gravy	Apple & Blackberry Sponge	Self-raising Flour G , Free Range Eggs E , Caster Sugar, Dairy Free Spread, Apples, Blackberries
Friday	Organic Beef Stew Wholemeal Roll	Organic Beef Mince, Onions, Carrots, Swede, Potatoes, Parsnips, Gravy, Spinach, Worcestershire Sauce, Garlic, Wholemeal Roll G	Fruit Salad	Peaches, Pineapple, Melon

Allergen keys

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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



Week 3 Autumn Winter – Lunch

W/C – 16th Sep, 14th Oct, 11th Nov, 9th Dec

	First Course	Ingredients	Second Course	Ingredients
Monday	Salmon Arabiata Wholemeal Pasta Grated Cheese	Salmon F , Roasted Red Peppers, Red Lentils, Chilli, Onions, Mixed Peppers, Tomatoes T , Carrots, Garlic, Basil, Parsley, Oregano, Wholemeal Pasta G Grated Cheese D	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
Tuesday	Sweet Potato & Chickpea Mild Madras Curry Rice	Sweet Potatoes, Chickpeas, Coconut Milk, Sweetcorn, Onions, Carrots, Mixed Peppers, Tomatoes T , Spinach, Garlic, Cumin, Turmeric, Coriander, Mild Madras Curry Powder, Rice	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Wednesday	Plant Based Sausage New Potatoes Gravy	Plant Based Sausage G , Gravy, New Potatoes, Peas	Pear & Blueberry Sponge	Self-raising Flour G , Free Range Eggs E , Caster Sugar, Dairy Free Spread, Pears, Blueberries
Thursday	Homemade Baked Beans Baked Potato Cheddar Cheese	Cannellini Beans, Tomatoes T , Onions, Carrots, Garlic, Smoked Paprika, Cumin, Worcestershire Sauce, Apple Sauce, Baked Potato, Cheddar Cheese D	Fruit Salad	Peaches, Pineapple, Melon
Friday	Gloucestershire Pie Carrots	Lamb Mince, Potatoes, Swede, Turnips, Onions, Carrots, Celery C , Rosemary, Apples, Sage, Gravy, Puff Pastry G , Carrots	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice

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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



Week 4 Autumn Winter – Lunch W/C - 23rd Sep.

21st Oct, 18th Nov, 16nd Dec

	First Course	Ingredients	Second Course	Ingredients
Monday	Ratatouille Wholemeal Pasta Grated Cheese	Tomatoes T , Red Lentils, Onions, Mixed Peppers, Aubergine, Courgettes, Garlic, Spinach, Basil, Oregano, Wholemeal Pasta G , Grated Cheese D	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Tuesday	Five Spice Chicken Rice	Chicken, Mixed Peppers, Bean Sprouts S , Bamboo Shoots, Water Chestnuts, Red Onions, Baby Sweetcorn, Sugar Snap Peas, Onions, Carrots, Tomatoes T , Spinach, Five Spice, Garlic, Coriander, Cumin, Apple Sauce, Gravy, Rice	Flapjack	Oats, Dairy-Free Spread, Golden Syrup
Wednesday	Roast Beef Gravy New Potatoes Mixed Vegetables	Sliced Roast Beef, Gravy, New Potatoes, Broad Beans, Peas, Carrots, Green Beans, Sweetcorn	Organic Yeo Valley Fruit Yoghurt	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Thursday	Lentil Dahl Wholemeal Rice Naan	Red Lentils, Coconut Milk, Peas, Onions, Mixed Peppers, Tomatoes T , Spinach, Carrots, Garlic, Cumin, Turmeric, Mild Madras Curry Powder, Coriander, Rice, Naan G	Banana & Chocolate Sponge	Self-raising Flour G , Free range Eggs E , Caster Sugar, Dairy-Free Margarine, Bananas, Cocoa Powder
Friday	Lamb Ragu Minted Couscous	Lamb Mince, Tomatoes T , Roasted Red Peppers, Onions, Carrots, Spinach, Garlic, Rosemary, Oregano, Gravy, Couscous G , Mint	Fruit Salad	Peaches, Pineapple, Melon

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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