

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Creamy root vegetable gratin with bulgar wheat</p> <p>Ingredients:, Bulgar Wheat, Potato, Onion, Carrots, Swedes, Celery, Turnips, Lentils, Sunflower Oil, Mushrooms, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Vinegar, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Flour, Bay Leaves, Garlic, Parsley, Mixed Herbs - Dried, Turmeric</p> <p>G C</p>	<p>Beef Chow Mein with peas and noodles</p> <p>Ingredients:, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Carrots, Garden Peas, Sweetcorn, Tomatoes, Onion, Sunflower Oil, Plum Sauce, Beef Mince, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Black Pepper, Garlic</p> <p>G SB</p>	<p>Balti chicken with rice</p> <p>Ingredients:, Basmati Rice, Tomatoes, Onion, Spinach, Chicken Breast, Sunflower Oil, Ginger, Garam Masala, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Curry Powder (Contains Mustard), Turmeric</p> <p>M</p>	<p>Chicken Pot Pie</p> <p>Ingredients:, Potatoes, Grated Carrots, Sweetcorn, Onion, Celery, Beans, Chicken Breast, Lentils, Tomato Paste, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Cumin, Black Pepper</p> <p>C</p>	<p>Tuna pasta bake with sweetcorn</p> <p>Ingredients:, Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten), Chopped Tomatoes, Tomato Paste, Carrots, Tuna Chunks (Contains Fish), Sweetcorn, Onion, Grated Cheddar Cheese (Contains Milk), Sunflower Oil, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning</p> <p>G F D SD</p>

Allergens Key

D Dairy	E Eggs	SB Soy Beans	M Mustard	L Lupin	P Peanuts
G Gluten	F Fish	N Nuts	SS Sesame Seeds	M Mollusc	SD Sulphur Dioxide
				C Crustaceans	C Celery

Dessert

Cherry yoghurt

Ingredients:, Natural
Yoghurt (Contains Milk),
Cherry, Pinch Of Sugar



Apple and Peach cake

Ingredients:, Wheat Flour
(Contains Gluten), **Soya**
Flour, Apple, Peach, Egg,
Milk, Pinch Of Brown Sugar,
Gluten Free Baking Powder



Fresh banana

Ingredients:, Banana

Chocolate and cinnamon
flapjacks

Ingredients:, **Porridge Oats**
(Contains Oat & Gluten),
Apple, Dairy Free Margarine,
Golden Syrup, Pinch Of
Brown Sugar, Cocoa Powder,
Cinnamon



Forest fruit cake

Ingredients:, Wheat Flour
(Contains Gluten), **Soya**
Flour, Blackberries,
Blackcurrants, Raspberries,
Redcurrants, Strawberries,
Butter (Contains: Milk),
Milk, Egg, Pinch Of Brown
Sugar, Gluten Free Baking
Powder



Allergens Key

- Dairy
- Eggs
- Soy Beans
- Mustard
- Lupin
- Crustaceans
- Peanuts
- Gluten
- Fish
- Nuts
- Sesame Seeds
- Mollusc
- Celery
- Sulphur Dioxide