

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Ratatouille with chickpeas and parsley rice</p> <p><b>Ingredients:</b>, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Olive Oil, Basil, Parsley, Thyme, Ground Black Pepper, Garlic</p>	<p>Hungarian bean paprika sauce and mash</p> <p><b>Ingredients:</b>, Potatoes, <b>Stewpack (Onion, Carrots, Turnip, Swede, Celery)</b>, Carrots, Onion, Beans, <b>Single Cream (Contains Milk), Butter (Contains: Milk)</b>, Tomato Puree, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper</p> <p><b>D C</b></p>	<p>Hoisin with lentils and rice</p> <p><b>Ingredients:</b>, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Lentils, Olive Oil</p>	<p>Sweet and sour Asian beans with noodles</p> <p><b>Ingredients:</b>, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, Garlic</p> <p><b>G</b></p>	<p>Lentil pasta salad with sweetcorn</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Sweetcorn, Peppers, Lentils, Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper</p> <p><b>G</b></p>

Allergens Key

- D** Dairy

**E** Eggs

**SB** Soy Beans

**M** Mustard

**L** Lupin

**C** Crustaceans

**P** Peanuts
- G** Gluten

**F** Fish





**N** Nuts

**SS** Sesame Seeds



**M** Mollusc

**C** Celery

**SD** Sulphur Dioxide

Dessert	Vegan, soya free cake	Vegan, soya free cake	Fresh melon slices	Peach Krispie Bite	Strawberry yoghurt
	<b>Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin),</b> Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	<b>Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin),</b> Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	<b>Ingredients:,,</b> Honeydew Melon	<b>Ingredients:, Oat Flakes (Contains Oat &amp; Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt),</b> Peach, Dairy Free Margarine, Golden Syrup	<b>Ingredients:, Natural Yoghurt (Contains Milk),</b> Strawberry Puree, Pinch Of Sugar
					

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