

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Creamy vegetable curry with lentils and chick pea served with basmati rice</p> <p>Basmati Rice, Black Pepper, Carrots, Chick Peas, Coconut Milk, Coriander, Curry Powder, Garden Peas, Garlic, Ginger, Lentils, Onions, Salt, Sunflower Oil, Turmeric</p>	<p>Chicken Tikka masala with vegetable couscous</p> <p>Basil, Carrots, Chicken Breast, Chopped Tomatoes, Coconut Milk, Coriander, Cous Cous (Contains Gluten), Cumin, Curry Powder, Garlic, Olive Oil, Onion, Paprika, Parsley, Peppers, Salt, Sugar, Sweetcorn, Tomato Paste, Turmeric</p> <p>G</p>	<p>Beef pieces in a light plum sauce and oven roasted vegetables with diced potatoes and fresh raw vegetables</p> <p>Basil, Beef Diced, Carrots, Courgettes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Onion, Paprika, Plum Puree, Potatoes, Sugar, Sunflower Oil, Thyme</p>	<p>Roast chicken in a sweet carrot sauce with spinach, butter beans with basmati rice and fresh raw vegetables</p> <p>Basil, Basmati Rice, Carrots, Chicken Breast, Courgettes, Ground Black Pepper, Onion, Raw Veggies, Salt, Spinach, Sunflower Oil</p>	<p>Roast chicken in a creamy cauliflower sauce with red peppers served with egg free noodles</p> <p>Carrots, Cauliflower, Chicken Breast, Coconut Milk, Courgettes, Egg Free Noodles (Contains Gluten), Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Onion, Oregano, Potatoes, Raw Veggies, Sunflower Oil</p> <p>G</p>
Dessert	<p>Oat and raisin cookies</p> <p>Brown Sugar, Dairy Free Sunflower Spread, Honey, Oat Flakes, Raisins</p> <p>G</p>	<p>Soya yoghurt RV</p> <p>Soya Beans</p> <p>SB</p>	<p>Fresh fruit selection</p> <p>Seasonal Fresh Fruit Pieces</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Fruit compote with apple, peach and forest berry fruits</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Peach, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</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