

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes and baked beans with vegetarian nuggets</p> <p>Baked Beans In Tomato Sauce, Jacket Potatoes, Vegetarian Nuggets (Contains Gluten)</p> <p>G</p>	<p>Slow cooked Mexican beef with basmati rice and fresh raw vegetables</p> <p>Basmati Rice, Beef Mince, Carrots, Fajita Seasoning, Garlic, Ground Black Pepper, Mushrooms, Onion, Paprika, Raw Veggies, Salt, Soya Sauce (Contains Gluten, Soya), Sunflower Oil, Sweetcorn, Tomato Paste</p> <p>G SB</p>	<p>Vegetarian pasta bake with red lentils, mixed peppers</p> <p>Aubergine, Carrot, Chopped Tomatoes, Courgettes, Egg Free Fusilli (Contains Gluten), Garlic Puree, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Mixed Herbs, Mixed Peppers, Onions, Parsley, Raw Veggies, Red Lentils, Salt, Sugar, Sunflower Oil, Sweetcorn</p> <p>G</p>	<p>Fish goujons with garden peas and sauteed potatoes</p> <p>Fish Goujons (Contains Gluten, Fish), Garden Peas, Sauteed Potatoes</p> <p>G F</p>	<p>Chicken, spinach and sweet potato stew with basmati rice and fresh raw vegetables</p> <p>Basmati Rice, Carrots, Chicken Breast, Chopped Tomatoes, Cinnamon, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Parsley, Raw Veggies, Spinach, Sugar, Sunflower Oil, Sweet Potato</p>
Dessert	<p>Soya yoghurt</p> <p>Flavouring, Soya Beans</p> <p>SB</p>	<p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</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>Vegan, soya free flapjacks</p> <p>Apple, Brown Sugar, Dairy Free Sunflower Spread, Golden Syrup, Peach, Porridge Oats, Sugar</p> <p>G</p>	<p>Fresh fruit</p> <p>Fresh Fruit</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