


















	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Veggie sausage and garden peas with sautéed potatoes</p> <p>Garden Peas, Sauteed Potatoes, <b>Vegetarian Sausages (Contains Gluten)</b></p> <p><b>G</b></p>	<p>Roasted vegetable pasta bake</p> <p>Chopped Tomatoes, Courgettes, Diced Carrots, <b>Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten)</b>, Garlic Puree, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Peppers, Onion, Red Lentils, Red Peppers, Sweetcorn, Yellow Peppers</p>	<p>Roast butter beans with a sweet carrot sauce and garden peas served with egg free noodles</p> <p>Basil, Butter Beans, Carrots, Chopped Tomatoes, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Garden Peas, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Onion, Salt, Spinach, Sunflower Oil</p> <p><b>G</b></p>	<p>Lentil cottage pie with potatoes</p> <p>Baked Beans In Tomato Sauce, Carrots, Chopped Tomatoes, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Ground Black Pepper, Mixed Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Salt, Sauteed Potatoes, Smoked Paprika, Sunflower Oil, Thyme, Tomato Paste</p>	<p>Favourite vegetable curry with carrots Served with basmati rice</p> <p>Apple, Basmati Rice, Cannellini Beans, Carrots, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Sunflower Oil, Sweetcorn, Tomato Puree</p>

## Allergens Key

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

Dessert					
	<p>Fruit compote</p> <p><b>Ingredients:</b>, Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar</p>	<p>Pear and pineapple energy bites</p> <p>Cocoa Powder, Maple Syrup, <b>Oat Flakes (Contains Oat &amp; Gluten)</b>, Orange Extract, Pear, Pineapple, <b>Rice Krispies (Rice, Sugar, Barley Extract, Salt - Contains Barley)</b></p>	<p>Vegan, soya free cake</p> <p><b>Ingredients:</b>, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Mixed fruit crumble</p> <p><b>Ingredients:</b>, Wheat Flour (Contains Gluten), <b>Breadcrumbs (Contains: Gluten)</b>, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>
					

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