

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Lentil and chickpea dhal with basmati rice</p> <p>Ingredients:, Basmati Rice, Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Olive Oil, Coriander, Cumin, Curry Powder (Contains Mustard), Ginger, Ground Black Pepper, Paprika</p> <p>M</p>	<p>Beef chilli con carne with kidney beans served with basmati rice</p> <p>Basmati Rice, Baked Beans In Tomato Sauce, Beef Mince, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Smoked Paprika, Olive Oil, Sweetcorn</p>	<p>Roast chicken in Creamy tomato sauce with Italian potatoes</p> <p>Ingredients:, Potatoes, Macedoine (Carrot, Swede, Turnip, Peas, Beans), Chopped Tomatoes, Carrots, Chicken Breast, Single Cream (Contains Milk), Gluten Free Flour, Olive Oil, Onion, Parsley, Basil, Garlic</p> <p>D</p>	<p>Chicken pasta bake with carrot sauce</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Carrots, Onion, Single Cream (Contains Milk), Chicken Breast, Cheese, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Parsley, Turmeric, Paprika, Ground Black Pepper</p> <p>D</p>	<p>Yum Yum Fish pie</p> <p>Ingredients:, Potatoes, Garden Peas, Sweetcorn, Carrots, Fish Mix (Pollack Fish, Salmon), Onion, Single Cream (Contains Milk), Olive Oil, Gluten Free Flour, Lemon Juice, Dill, Garlic, Ground Black Pepper</p> <p>F D</p>
Dessert	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fresh oranges</p> <p>Ingredients:, Oranges</p>	<p>Black Cherry yoghurt</p> <p>Ingredients:, Natural Yoghurt (Contains Milk), Black Cherry, Pinch Of Sugar</p> <p>D</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</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