

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<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 gluten free vegetable couscous</p> <p>Basil, Carrots, Chicken Breast, Chopped Tomatoes, Coriander, Cumin, Curry Powder, Garlic, Gluten Free Couscous, Low Fat Natural Yogurt (Contains Milk), Olive Oil, Onion, Paprika, Parsley, Peppers, Salt, Sugar, Sweetcorn, Tomato Paste, Turmeric</p> <p><b>D</b></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 gluten free pasta</p> <p>Carrots, Cauliflower, Chicken Breast, Courgettes, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Ground Black Pepper, Onion, Oregano, Potatoes, Raw Veggies, Single Cream (Contains Milk), Sunflower Oil</p> <p><b>D</b></p>
<b>Dessert</b>	<p>Vegan, gluten free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Strawberry yoghurt</p> <p>Low Fat Yoghurt (Contains Milk), Strawberry Puree, Sugar</p> <p><b>D</b></p>	<p>Fresh fruit selection</p> <p>Seasonal Fresh Fruit Pieces</p>	<p>Vegan, gluten free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</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