	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Gluten free Cauliflower and broccoli tots with sweetcorn and jacket potatoes **Ingredients:**, Jacket Potatoes, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Sweetcorn	Oriental chicken with potatoes and fresh raw veggies **Ingredients:**, Potatoes, Chicken Breast, Lettuce, Cucumber, Sweetcorn, Olive Oil, Paprika, Garlic, Parsley, Basil, Turmeric	Lentil veggie pasta with red pesto **Ingredients:**, Gluten Free Pasta (Cornflour, Rice Flour), Tomatoes, Lentils, Carrots, Onion, Spinach, **Celery**, **Single Cream (Contains Milk)**, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley Ⓓ Ⓒ	Gluten free Cauliflower and broccoli Tots with carrots and potatoes **Ingredients:**, Potatoes, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Carrots, Olive Oil, Garlic, Ground Black Pepper, Parsley, Rosemary	Rosemary chicken with mixed veggies and rice **Ingredients:**, Basmati Rice, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika
Dessert	Fresh fruit **Ingredients:**, Fresh Fruit	Gluten & soya free Vegan cake **Ingredients:**, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Fruit compote **Ingredients:**, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Gluten & soya free Vegan cake **Ingredients:**, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Fresh fruit **Ingredients:**, Fresh Fruit

Allergens Key

Ⓓ **Dairy** Ⓔ **Eggs** ⓈⒷ **Soy Beans** Ⓜ **Mustard** Ⓛ **Lupin** Ⓒ **Crustanceans** Ⓟ **Peanuts**

Ⓖ **Gluten** Ⓕ **Fish** Ⓝ **Nuts** ⓈⓈ **Sesame Seeds** Ⓜ **Mollusc** Ⓒ **Celery** ⓈⒹ **Sulphur Dioxide**