

|                | 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>Tofu Tikka masala and cannellini beans, served with gluten free vegetable couscous</p> <p>Basil, Cannellini Beans, Carrots, 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, Tofu (Contains Soya), Tomato Paste, Turmeric</p> <p><b>SB</b> <b>D</b></p> | <p>Green lentils in a light plum sauce and oven roasted vegetables with diced potatoes and fresh raw vegetables</p> <p>Basil, Carrots, Courgettes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Green Lentils, Ground Black Pepper, Onion, Paprika, Plum Puree, Potatoes, Sugar, Sunflower Oil, Thyme</p> | <p>Butter beans in a sweet carrot sauce with spinach and basmati rice with fresh raw vegetables</p> <p>Basil, Basmati Rice, Butter Beans, Carrots, Courgettes, Ground Black Pepper, Onion, Raw Veggies, Salt, Spinach, Sunflower Oil</p> | <p>Cannellini beans in a creamy cauliflower sauce with red peppers served with gluten free pasta</p> <p>Cannellini Beans, Carrots, Cauliflower, 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

Allergens Key

- |  |  |   |  |   |   |   |
|--|--|---|--|---|---|---|
|  Dairy  |  Eggs |  Soy Beans |  Mustard      |  Lupin   |  Crustaceans |  Peanuts         |
|  Gluten |  Fish |  Nuts      |  Sesame Seeds |  Mollusc |  Celery      |  Sulphur Dioxide |