

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free vegetable round and garden peas with sautéed potatoes</p> <p>Garden Peas, Gluten Free Vegetable Round (Potatoes, Sunflower Oil, Salt), Sauteed Potatoes</p>	<p>Roasted vegetable pasta bake</p> <p>Chopped Tomatoes, Courgettes, Diced Carrots, Garlic Puree, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Green Peppers, Onion, Red Lentils, Red Peppers, Sweetcorn, Yellow Peppers</p> <p>D</p>	<p>Roast butter beans with a sweet carrot sauce Garden peas served with gluten free pasta</p> <p>Basil, Butter Beans, Carrots, Chopped Tomatoes, Courgettes, Garden Peas, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Ground Black Pepper, Onion, Salt, Spinach, Sunflower Oil</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

- 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


Dessert


Fruit yoghurt	Gluten & soya free Vegan cake	Gluten & soya free Vegan cake	Fruit compote	Fresh fruit
Ingredients: , Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Ingredients: , Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Ingredients: , Fresh Fruit
				


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-  Dairy



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 Peanuts
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