

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Jacket potatoes with baked beans and grated cheddar cheese</p> <p>Baked Beans In Tomato Sauce, Grated Cheddar Cheese (Contains Milk), Jacket Potatoes</p> <p><b>D</b></p>	<p>Slow cooked Mexican bean with basmati rice and fresh raw vegetables</p> <p>Basmati Rice, Cannellini Beans, Carrots, Fajita Seasoning, Garlic, Ground Black Pepper, Kidney Beans, Mushrooms, Onion, Paprika, Raw Veggies, Salt, Sunflower Oil, Sweetcorn, Tomato Paste</p>	<p>Vegetarian pasta bake with red lentils, mixed peppers</p> <p>Aubergine, Carrot, Chopped Tomatoes, Courgettes, Garlic Puree, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Grated Cheddar Cheese (Contains Milk), Ground Black Pepper, Mixed Herbs, Mixed Peppers, Onions, Parsley, Raw Veggies, Red Lentils, Sugar, Sweetcorn</p> <p><b>D</b></p>	<p>Gluten free vegetable round and garden peas with sautéed potatoes</p> <p>Baked Beans In Tomato Sauce, Gluten Free Vegetable Round, Sauteed Potatoes</p>	<p>Butter beans, spinach and sweet potato stew with brown rice and fresh raw vegetables</p> <p>Basmati Rice, Butter Beans, Carrots, Chopped Tomatoes, Cinnamon, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Parsley, Raw Veggies, Spinach, Sugar, Sunflower Oil, Sweet Potato</p>
<b>Dessert</b>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Low Fat Yoghurt (Contains Milk), Sugar</p> <p><b>D</b></p>	<p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</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>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Fresh fruit</p> <p>Fresh Fruit</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