

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Fruity vegetable curry with chick peas served with basmati rice</p> <p>Basmati Rice, Carrots, Chick Peas, 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, Salt, Sunflower Oil, Sweetcorn, Tomato Puree</p>	<p>Mango chicken with carrots and sweetcorn served with couscous</p> <p>Carrots, Chicken Breast, Cous Cous (Durum Wheat Semolina - Contains Gluten), Garlic, Ginger, Lemon Juice, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Mixed Peppers, Salt, Sunflower Oil, Sweetcorn, Vinegar</p> <p>G</p>	<p>Hungarian beef and beans goulash with parnips and roasted potatoes</p> <p>Beef Diced, Butter Beans, Carrots, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Peppers, Onion, Paprika, Parsnips, Potatoes, Salt, Single Cream (Contains Milk), Smoked Paprika, Pinch Of Sugar, Sunflower Oil, Thyme, Tomato Puree</p> <p>D</p>	<p>Chicken sweet and sour with peppers Served with basmati rice</p> <p>Apricot Sulphur Dioxide, Basmati Rice, Carrots, Chicken Breast, Chopped Tomatoes, Curry Powder (Contains Mustard), Garam Masala, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Sunflower Oil, Vinegar</p> <p>SD</p>	<p>Beef bolognaise with garden peas served with penne pasta</p> <p>Beef Mince, Black Pepper, Carrots, Chopped Tomatoes, Egg Free Penne (Durum Wheat Semolina - Contains Gluten), Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Leeks, Mixed Peppers, Onion, Oregano, Sunflower Oil, Tomato Puree</p> <p>G</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

Oat and raisin slice

Pinch Of Brown Sugar, Dairy Free Margarine, Honey, **Oat Flakes (Contains Oat & Gluten)**, Raisins



Fruit yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar



Fresh oranges

Ingredients:, Oranges

Cranberry flapjacks with rice crispies

Apple, Pinch Of Brown Sugar, Cranberry, Dairy Free Margarine, Golden Syrup, **Porridge Oats (Contains Oat & Gluten)**, Rice Krispies (Rice, Sugar, Barley Extract, Salt - Contains Barley)



Carrot and apple spice cake

All Spice, Apple, Butter (Contains: Milk), Carrots, Cinnamon, Egg, Ginger, Gluten Free Baking Powder, Salt, **Self Raising Flour (Contain Wheat & Gluten)**, Soy Beans, Pinch Of Sugar



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- Celery
- Sulphur Dioxide