

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Lentil and chickpea dhal with herby couscous</p> <p><b>Ingredients:</b>, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Coriander, Cumin, <b>Curry Powder (Contains Mustard)</b>, Ginger, Ground Black Pepper, Paprika</p> <p><b>G M</b></p>	<p>Vegetarian chilli con carne with kidney beans served with basmati rice</p> <p>Basmati Rice, Baked Beans In Tomato Sauce, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Smoked Paprika, Sunflower Oil, Sweetcorn</p>	<p>Beans in Creamy sauce with Italian potatoes</p> <p><b>Ingredients:</b>, Potatoes, Macedoine (Carrot, Swede, Turnip, Peas), Chopped Tomatoes, Carrots, Beans, <b>Single Cream (Contains Milk)</b>, Gluten Free Flour, Sunflower Oil, Onion, Parsley, Basil, Garlic</p> <p><b>D</b></p>	<p>Veggie pasta bake with chickpea and carrot sauce</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Carrots, Onion, <b>Single Cream (Contains Milk)</b>, Chick Peas, <b>Bechamel Sauce (Wheat Flour, Skimmed Milk Powder, Sugar, Salt, Yeast, Onion)</b>, Cheese, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Parsley, Turmeric, Paprika, Ground Black Pepper</p> <p><b>G D</b></p>	<p>Yum Yum Veggie pie</p> <p><b>Ingredients:</b>, Potatoes, Garden Peas, Sweetcorn, Carrots, Lentils, Onion, <b>Single Cream (Contains Milk)</b>, Sunflower Oil, Gluten Free Flour, Lemon Juice, Dill, Garlic, Ground Black Pepper</p> <p><b>D</b></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**

Lemon and apple flapjacks with raisins

**Ingredients:** Porridge Oats (Contains Oat & Gluten), Apple, Lemon, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar



Apple and cinnamon cake

**Ingredients:** Wheat Flour (Contains Gluten), Soya Flour, Apple, Butter (Contains: Milk), Egg, Pinch Of Sugar, Cinnamon



Fresh oranges

**Ingredients:** Oranges

Black Cherry yoghurt

**Ingredients:** Natural Yoghurt (Contains Milk), Black Cherry, Pinch Of Sugar



Green apple cake

**Ingredients:** Wheat Flour (Contains Gluten), Soya Flour, Apple, Spinach, Butter (Contains: Milk), Egg, Pinch Of Sugar



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