

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes and baked beans with gluten free vegetarian round</p> <p>Baked Beans In Tomato Sauce, Gluten Free Vegetable Round, Jacket Potatoes</p>	<p>Slow cooked Mexican beef with basmati rice and fresh raw vegetables</p> <p>Basmati Rice, Beef Mince, Carrots, Fajita Seasoning, Garlic, Ground Black Pepper, 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, Garlic Puree, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Ground Black Pepper, Mixed Herbs, Mixed Peppers, Onions, Parsley, Raw Veggies, Red Lentils, Sugar, Sunflower Oil, Sweetcorn</p>	<p>Gluten free fish fingers with garden peas and sauteed potatoes</p> <p>Garden Peas, Gluten Free Fish Fingers (Contains Fish), Sauteed Potatoes</p> <p>F</p>	<p>Chicken, spinach and sweet potato stew with basmati rice and fresh raw vegetables</p> <p>Basmati Rice, Carrots, Chicken Breast, Chopped Tomatoes, Cinnamon, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Parsley, Raw Veggies, Spinach, Sugar, Sunflower Oil, Sweet Potato</p>
Dessert	<p>Fresh fruit</p> <p>Fresh Fruit</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