

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Gluten free Cauliflower and broccoli tots with sweetcorn and jacket potatoes</p> <p><b>Ingredients:</b>, Jacket Potatoes, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Sweetcorn</p>	<p>Oriental chicken with potatoes and fresh raw veggies</p> <p><b>Ingredients:</b>, Potatoes, Chicken Breast, Lettuce, Cucumber, Sweetcorn, Olive Oil, Paprika, Garlic, Parsley, Basil, Turmeric</p>	<p>Lentil veggie pasta with red pesto GDF</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), Tomatoes, Lentils, Carrots, Onion, Spinach, <b>Celery</b>, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley</p> <p><b>(C)</b></p>	<p>Gluten free Cauliflower and broccoli Tots with carrots and potatoes</p> <p><b>Ingredients:</b>, Potatoes, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Carrots, Olive Oil, Garlic, Ground Black Pepper, Parsley, Rosemary</p>	<p>Rosemary chicken with mixed veggies and rice</p> <p><b>Ingredients:</b>, Basmati Rice, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika</p>
<b>Dessert</b>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fruit compote</p> <p><b>Ingredients:</b>, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, 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