






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


Allergens Key


-  Dairy



 Eggs


 Soy Beans


 Mustard


 Lupin


 Crustaceans


 Peanuts
-  Gluten


 Fish

 Nuts

 Sesame Seeds

 Mollusc

 Celery

 Sulphur Dioxide