















	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Chicken nuggets with sweetcorn and jacket potatoes</p> <p><b>Ingredients:</b>, Jacket Potatoes, <b>Chicken Nuggets (Chicken, Wheat Flour, Olive Oil, Potato Starch, Yeast)</b>, Sweetcorn</p> <p><b>G</b></p>	<p>Oriental chicken with wrap and fresh raw veggies</p> <p><b>Ingredients:</b>, <b>Wrap (Contains Wheat, Gluten)</b>, Chicken Breast, Lettuce, Cucumber, Sweetcorn, Paprika, Garlic, Parsley, Basil, Turmeric</p> <p><b>G</b></p>	<p>Lentil veggie pasta with red pesto DF</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, 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>G 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</p>	<p>Rosemary chicken with mixed veggies and garlic bread</p> <p><b>Ingredients:</b>, <b>Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast)</b>, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika</p> <p><b>G</b></p>
<b>Dessert</b>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Apple and apricot flapjacks</p> <p><b>Ingredients:</b>, <b>Porridge Oats (Contains Oat &amp; Gluten)</b>, Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar</p> <p><b>G</b></p>	<p>Apple crumble</p> <p><b>Ingredients:</b>, <b>Wheat Flour (With Calcium, Iron, Niacin, Thiamin)</b>, <b>Breadcrumbs (Contains: Gluten)</b>, Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon</p> <p><b>G</b></p>	<p>Vegan, soya free cake</p> <p><b>Ingredients:</b>, <b>Wheat Flour (With Calcium, Iron, Niacin, Thiamin)</b>, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> <p><b>G</b></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

Allergens Key

- |  |  |   |  |   |   |   |
|--|--|---|--|---|---|---|
|  Dairy  |  Eggs |  Soy Beans |  Mustard      |  Lupin   |  Crustaceans |  Peanuts         |
|  Gluten |  Fish |  Nuts      |  Sesame Seeds |  Mollusc |  Celery      |  Sulphur Dioxide |