

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes and baked beans with vegetarian nuggets</p> <p>Baked Beans In Tomato Sauce, Jacket Potatoes, Vegetarian Nuggets (Contains Gluten)</p> <p>G</p>	<p>Slow cooked Mexican bean with basmati rice and fresh raw vegetables</p> <p>Basmati Rice, Cannellini Beans, Carrots, Fajita Seasoning, Garlic, Ground Black Pepper, Kidney Beans, 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, Courgettes, Egg Free Fusilli (Contains Gluten), Garlic Puree, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Mixed Herbs, Mixed Peppers, Onions, Parsley, Raw Veggies, Red Lentils, Salt, Sugar, Sunflower Oil, Sweetcorn</p> <p>G</p>	<p>Vegetarian sausage with garden peas and sauteed potatoes</p> <p>Baked Beans In Tomato Sauce, Sauteed Potatoes, Vegetarian Sausages</p> <p>G</p>	<p>Butter beans, spinach and sweet potato stew with brown rice and fresh raw vegetables</p> <p>Basmati Rice, Butter Beans, Carrots, 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, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Vegan, soya free flapjacks</p> <p>Apple, Brown Sugar, Dairy Free Sunflower Spread, Golden Syrup, Peach, Porridge Oats, Sugar</p> <p>G</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