

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