

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Cod fish fingers with garden peas served with sautéed potatoes</p> <p><b>Cod Fillet Fish Fingers (Whitefish, Wheat Flour, Vegetable Oil, Yeast, Salt, Paprika, Curcumin, Turmeric),</b> Garden Peas, Sauteed Potatoes</p> <p><b>G F</b></p>	<p>Roasted vegetable pasta bake</p> <p>Chopped Tomatoes, Courgettes, Diced Carrots, <b>Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten)</b>, Garlic Puree, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Peppers, Onion, Red Lentils, Red Peppers, Sweetcorn, Yellow Peppers</p>	<p>Roast chicken chunks with a sweet carrot sauce garden peas served with egg free noodles</p> <p>Basil, Carrots, Chicken Breast, Chopped Tomatoes, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Garden Peas, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Onion, Salt, Spinach, Sunflower Oil</p> <p><b>G</b></p>	<p>Beef cottage pie with potatoes</p> <p>Baked Beans In Tomato Sauce, Beef Mince, Carrots, Chopped Tomatoes, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Ground Black Pepper, Mixed Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Salt, Sauteed Potatoes, Smoked Paprika, Sunflower Oil, Thyme, Tomato Paste</p>	<p>Chicken curry with carrots Served with basmati rice</p> <p>Apple, Basmati Rice, Carrots, Chicken Breast, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Sunflower Oil, Sweetcorn, Tomato Puree</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

Dessert

Fruit compote

**Ingredients:**, Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar

Pear and pineapple energy bites

Cocoa Powder, Maple Syrup, **Oat Flakes (Contains Oat & Gluten)**, Orange Extract, Pear, Pineapple, **Rice Krispies (Rice, Sugar, Barley Extract, Salt - Contains Barley)**



Vegan, soya free cake

**Ingredients:**, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



Mixed fruit crumble

**Ingredients:**, Wheat Flour (Contains Gluten), **Breadcrumbs (Contains: Gluten)**, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon



Fresh fruit

**Ingredients:**, Fresh Fruit

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