

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes with baked beans and grated cheddar cheese</p> <p>Baked Beans In Tomato Sauce, Grated Cheddar Cheese (Contains Milk), Jacket Potatoes</p> <p>D</p>	<p>Slow cooked Mexican beef with basmati rice and fresh raw vegetables</p> <p>Basmati Rice, Beef Mince, Carrots, Fajita Seasoning, Garlic, Ground Black Pepper, 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, Garlic Puree, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Grated Cheddar Cheese (Contains Milk), Ground Black Pepper, Mixed Herbs, Mixed Peppers, Onions, Parsley, Raw Veggies, Red Lentils, Sugar, Sweetcorn</p> <p>D</p>	<p>Gluten free fish fingers with garden peas and sauteed potatoes</p> <p>Garden Peas, Gluten Free Fish Fingers (Contains Fish), Sauteed Potatoes</p> <p>F</p>	<p>Chicken, spinach and sweet potato stew with basmati rice and fresh raw vegetables</p> <p>Basmati Rice, Carrots, Chicken Breast, Chopped Tomatoes, Cinnamon, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Parsley, Raw Veggies, Spinach, Sugar, Sunflower Oil, Sweet Potato</p>
Dessert	<p>Fruit yoghurt</p> <p>Fruit Pureed, Low Fat Yoghurt (Contains Milk), Sugar</p> <p>D</p>	<p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</p>	<p>Vegan, gluten free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Fresh fruit</p> <p>Fresh Fruit</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