

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<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>Roasted vegetable pasta bake</p> <p>Chopped Tomatoes, Courgettes, Diced Carrots, Garlic Puree, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Green Peppers, Onion, Red Lentils, Red Peppers, Sweetcorn, Yellow Peppers</p> <p>D</p>	<p>Roast chicken chunks with a sweet carrot sauce and garden peas served with gluten free pasta</p> <p>Basil, Carrots, Chicken Breast, Chopped Tomatoes, Courgettes, Garden Peas, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Ground Black Pepper, Onion, Salt, Spinach, Sunflower Oil</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 yoghurt	Gluten & soya free Vegan cake	Gluten & soya free Vegan cake	Fruit compote	Fresh fruit
	Ingredients: , Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Ingredients: , Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Ingredients: , Fresh Fruit
	<div>D</div>				

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 Sulphur Dioxide