

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|---|---|--|--|--|
| Main | <p>Lentil and chickpea dhal with basmati rice</p> <p>Ingredients:, Basmati Rice, Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Coriander, Cumin, Curry Powder (Contains Mustard), Ginger, Ground Black Pepper, Paprika</p> <p>M</p> | <p>Vegetarian chilli con carne with kidney beans served with basmati rice</p> <p>Basmati Rice, Baked Beans In Tomato Sauce, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Smoked Paprika, Sunflower Oil, Sweetcorn</p> | <p>Beans in Creamy sauce with Italian potatoes</p> <p>Ingredients:, Potatoes, Macedoine (Carrot, Swede, Turnip, Peas), Chopped Tomatoes, Carrots, Beans, Single Cream (Contains Milk), Gluten Free Flour, Sunflower Oil, Onion, Parsley, Basil, Garlic</p> <p>D</p> | <p>Veggie pasta bake with chickpea and carrot sauce</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Carrots, Onion, Single Cream (Contains Milk), Chick Peas, Cheese, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Parsley, Turmeric, Paprika, Ground Black Pepper</p> <p>D</p> | <p>Yum Yum Veggie pie</p> <p>Ingredients:, Potatoes, Garden Peas, Sweetcorn, Carrots, Lentils, Onion, Single Cream (Contains Milk), Sunflower Oil, Gluten Free Flour, Lemon Juice, Dill, Garlic, Ground Black Pepper</p> <p>D</p> |
| Dessert | <p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> | <p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> | <p>Fresh oranges</p> <p>Ingredients:, Oranges</p> | <p>Black Cherry yoghurt</p> <p>Ingredients:, Natural Yoghurt (Contains Milk), Black Cherry, Pinch Of Sugar</p> <p>D</p> | <p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</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