

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Mediterranean vegetable and lentil stew with herby couscous</p> <p>Carrots, Chick Peas, Cinnamon, Courgettes, Cous Cous (Contains Gluten), Cumin, Gluten Free Low Salt Vegetable Stock, Mixed Herbs, Onion, Potatoes, Red Lentils, Sunflower Oil, Tomato Paste</p> <p>G</p>	<p>Roast chicken with broccoli and pea pesto with egg free noodles</p> <p>Broccoli, Chicken Breast, Egg Free Noodles (Contains Gluten), Ground Black Pepper, Gluten Free Low Salt Vegetable Stock, Mix Herbs, Onion, Parsley, Peas, Sunflower Oil</p> <p>G</p>	<p>Tuna pasta bake with sweetcorn</p> <p>Carrots, Chopped Tomatoes, Egg Free Fusilli (Contains Gluten), Gluten Free Low Salt Vegetable Stock, Grated Cheddar Cheese (Contains Milk), Mixed Herbs, Onion, Peppers, Raw Veggies, Sunflower Oil, Sweetcorn, Tuna Chunks (Contains Fish)</p> <p>G F D</p>	<p>Mango chicken with diced carrots and basmati rice</p> <p>Basmati Rice, Chicken Breast, Garlic, Ginger, Lemon Juice, Mango Sauce, Mixed Herbs, Mixed Peppers, Onions, Salt, Sunflower Oil, Sweetcorn, Vinegar</p>	<p>Italian beef ragu in a rich tomato sauce with hidden vegetables and baby new potatoes and fresh raw veggies</p> <p>Beef Mince, Carrots, Courgettes, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Italian Seasoning, Mix Herbs, Mixed Peppers, Onion, Parsley, Potato, Sunflower Oil, Tomato Paste, Turmeric</p>
Dessert	<p>Marble Cake</p> <p>Butter (Contains: Milk), Chocolate, Egg, Gluten Free Baking Powder, Milk, Soya Flour, Sugar, Vanilla, Wheat Flour (Contains Gluten)</p> <p>G E SB D</p>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Low Fat Yoghurt (Contains Milk), Sugar</p> <p>D</p>	<p>Fresh oranges sliced</p> <p>Oranges</p>	<p>Nut free granola with natural yoghurt</p> <p>Brown Sugar, Butter, Honey, Natural Yoghurt, Porridge Oats</p> <p>G D</p>	<p>Forest fruit cake</p> <p>Blackberries, Blackcurrants, Brown Sugar, Butter (Contains: Milk), Egg, Milk, Raspberries, Redcurrants, Soya Flour, Strawberries, Sugar, Wheat Flour (Contains Gluten)</p> <p>G E SB D</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