

## **Monday Tuesday** Wednesday **Thursday Friday** Cod fish cakes with Slow cooked beef stew with Main Vegetarian goulash with Moroccan chicken tagine Chicken pasta bake in a seasonal mixed vegetables smoked paprika served with apricots and mushrooms served with rich tomato sauce with with basmati rice served with baby jacket courgettes served with crunchy diced potatoes sweetcorn potatoes herby couscous Butter Beans, Carrots, Garlic, Chopped Tomatoes, Diced Ingredients:, Pasta (Durum Beef, Gluten Free Low Salt Gluten Free Low Salt Wheat Semolina - Contains Baby Jacket Potatoes, Broad Apricot Sulphur Dioxide, Vegetable Stock (Cornflour, Vegetable Stock (Cornflour, Gluten), Chopped Tomatoes, Chick Peas, Chicken Breast, Beans, Cod Fillet Fish Potato Starch, Onion, Carrot, Chopped Tomatoes. Potato Starch, Onion, Carrot, Carrots, Sweetcorn, Chicken Cakes (Whitefish, Wheat Peas, Tomato Powder, Black Peas, Tomato Powder, Black Flour, Dried Potato, Cinnamon, Courgettes, Cous Breast. Grated Cheddar Pepper, Parsley, Turmeric, Pepper, Parsley, Turmeric, Cheese (Contains Milk), Vegetable Oil, Salt, Onion Cous (Durum Wheat Salt), Olive Oil, Onion, Red Salt), Mushrooms, Onion, Onion, Sunflower Oil, Gluten Powder, Yeast, Parsley, Semolina - Contains Peppers, Single Cream Parsnips, Potatoes, Raw Free Low Salt Vegetable Sugar, Turmeric, Black Gluten), Cumin, Diced Pepper, Paprika, Parsley), (Contains Milk), Smoked Veggies, Swedes, Turnips Stock (Cornflour, Potato Carrots, Garlic Puree, Gluten Paprika, Thyme, Tomato Starch, Onion, Carrot, Peas, Sweetcorn Free Low Salt Vegetable Tomato Powder, Black Puree Stock (Cornflour, Potato (C) Pepper, Parsley, Turmeric, Starch, Onion, Carrot, Peas, G 😉 Tomato Powder, Black Salt), Balsamic Vinegar (Red ◐ Wine Vinegar, Grape Must, Pepper, Parsley, Turmeric, Salt), Green Peppers, Mixed Caramel, Sulphite), Basil, Herbs - Dried, Mixed Peppers, Garlic Onion, Red Peppers, Turmeric, Yellow Peppers **G** (D) **S**D **G S**

## **Allergens Key**









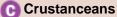






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## **Dessert**

Peach flapjacks

Apple, Pinch Of Brown Sugar, Butter (Contains: Milk), Golden Syrup, Peach, **Porridge Oats (Contains Oat** & Gluten), Pinch Of Sugar



Pear Cake

Butter (Contains: Milk), Egg, Gluten Free Baking Powder, Milk, Pear, Soya Flour, Pinch Of Sugar, Wheat Flour (Contains Gluten)









Fruit yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar



Fruity granola bar

Apple, Apricot Sulphur Dioxide, Blackberries, Blackcurrants, Dairy Free Margarine, Oat Flakes (Contains Oat & Gluten), Pinch Of Brown Sugar, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring, Wheat Flour (Contains Gluten)

Fresh fruit

Ingredients:, Seasonal Fresh Fruit Pieces





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