

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>100% Cod fillet fish fingers and baked beans with sautéed potatoes</p> <p>Baked Beans In Tomato Sauce, Sauteed Potatoes, Cod Fillet Fish Fingers (Contains: Gluten, Fish)</p> <p>G F</p>	<p>Chick pea and sweetcorn salad with egg free noodles</p> <p>Carrots, Cauliflower, Chick Peas, Egg Free Noodles (Contains Gluten), Gluten Free Low Salt Vegetable Stock, Mixed Herbs, Olive Oil, Onion, Oregano, Parsley, Peppers, Plum Sauce, Sweetcorn, Tomato Paste</p> <p>G</p>	<p>Mediterranean vegetable tagine with crunchy roast potatoes Side of fresh raw veggies</p> <p>Aubergine, Broccoli, Carrot, Chopped Tomatoes, Green Lentils, Italian Seasoning, Mixed Peppers, Olive Oil, Onion, Potatoes, Salt, Smoked Paprika, Sugar, Sweetcorn</p>	<p>Roast chicken with green bean with vegetable couscous</p> <p>Carrots, Chicken Breast, Chopped Tomatoes, Cous Cous (Contains Gluten), Gluten Free Low Salt Vegetable Stock, Green Beans, Italian Seasoning, Mixed Herbs, Mixed Peppers, Mixed Vegetable, Onions, Sunflower Oil</p> <p>G</p>	<p>Beef pieces in a light hoisin sauce and oven roasted courgette with egg free noodles and fresh raw veggies</p> <p>Basil, Beef Diced, Carrots, Courgettes, Egg Free Noodles (Contains Gluten), Garden Peas, Garlic, Ground Black Pepper, Onion, Paprika, Salt, Soya Sauce (Contains Gluten, Soya), Sugar, Sunflower Oil, Thyme, Tomato Paste</p> <p>G SB</p>
Dessert	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Orange and lime cake</p> <p>Egg, Gluten Free Baking Powder, Lime, Milk, Oranges, Soya Flour, Sugar, 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>Mixed berry cookies</p> <p>Brown Sugar, Dairy Free Sunflower Spread, Honey, Mixed Berry, Oat Flakes</p> <p>G</p>	<p>Mixed fruit compote</p> <p>Apple, Brown Sugar, Cinnamon, Peach, Pear, Vanilla</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