

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Italian lentil ragu served with basmati rice</p> <p>Basmati Rice, Carrots, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Peppers, Ground Black Pepper, Olive Oil, Onion, Oregano, Red Lentils, Red Peppers, Thyme, Tomato Puree, Yellow Peppers</p>	<p>Green lentils with broccoli and pea pesto and gluten free pasta</p> <p>Broccoli, Garlic, Gluten Free Pasta (Cornflour, Rice Flour), Green Lentils, Ground Black Pepper, Onion, Parsley, Salt, Sunflower Oil, Turmeric</p>	<p>Vegetarian pasta bake with sweetcorn and chickpeas</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Tomato Paste, Carrots, Chick Peas, Sweetcorn, Onion, Sunflower Oil, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning</p> <p>D SD</p>	<p>Tikka masala with beans Served with basmati rice</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Carrots, Beans, Onion, Single Cream (Contains Milk), Sunflower Oil, 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, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger</p> <p>D</p>	<p>Creamy vegetable stew with butter beans, mixed peppers and mushroom served with roasted potatoes</p> <p>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Butter Beans, Carrots, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Peppers, Onion, Paprika, Potatoes, Single Cream (Contains Milk), Sunflower Oil, Tomato Puree</p> <p>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

Dessert

Gluten & soya free Vegan
cake

Ingredients:, Gluten Free
Flour, Apple, Peach, Pear,
Dairy Free Margarine, Pinch
Of Brown Sugar, Gluten Free
Baking Powder, Bicarbonate
Of Soda, Cinnamon

Fruit yoghurt

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



Gluten & soya free Vegan
cake

Ingredients:, Gluten Free
Flour, Apple, Peach, Pear,
Dairy Free Margarine, Pinch
Of Brown Sugar, Gluten Free
Baking Powder, Bicarbonate
Of Soda, Cinnamon

Fresh fruit

Ingredients:, Seasonal Fresh
Fruit Pieces

Cinnamon and vanilla
forest fruit compote

Ingredients:, Apple, Peach,
Pear, Blackberries,
Blackcurrants, Raspberries,
Redcurrants, Strawberries,
Pinch Of Brown Sugar, Vanilla
Flavouring, Cinnamon

Allergens Key

- Dairy
 Eggs
 Soy Beans
 Mustard
 Lupin
 Crustaceans
 Peanuts
- Gluten
 Fish
 Nuts
 Sesame Seeds
 Mollusc
 Celery
 Sulphur Dioxide