

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>100% Cod fillet fish cakes with seasonal mixed vegetables and baby new jacket potatoes</p> <p>Baby Jacket Potatoes, Broad Beans, Carrots, Garden Peas, Sweetcorn, Cod Fillet Fish Cakes (Contains: Gluten, Fish)</p> <p>G F</p>	<p>Sweet and sour chicken with mixed peppers, chunky pineapple and basmati rice</p> <p>Basmati Rice, Chicken Breast, Garlic, Lemon Juice, Lime, Gluten Free Low Salt Vegetable Stock, Mixed Herbs, Mixed Peppers, Onion, Oregano, Paprika, Pineapple, Sugar</p>	<p>Bean Moussaka with cheddar cheese topping and fresh raw veggies</p> <p>Aubergine, Butter Beans, Cannellini Beans, Carrot, Chopped Tomatoes, Cumin, Garlic, Grated Cheddar Cheese (Contains Milk), Onion, Paprika, Peppers, Potatoes, Raw Veggies, Salt, Sugar, Sunflower Oil, Thyme</p> <p>D</p>	<p>Beef stew and mushrooms with creamy mash potato and side of fresh raw vegetables</p> <p>Carrots, Celery, Chopped Tomatoes, Diced Beef, Gluten Free Low Salt Vegetable Stock, Mushrooms, Olive Oil, Onion, Parsnips, Potato, Raw Veggies, Swedes, Turnips, Vegetable Oils</p> <p>C</p>	<p>Stir fry veggie noodles with red lentils</p> <p>Aubergines, Broccoli, Carrot, Coconut Milk, Courgettes, Egg Free Noodles (Contains Gluten), Green Peppers, Mixed Herbs, Olive Oil, Onion, Red Lentils, Red Peppers, Salt, Sweetcorn, Yellow Peppers</p> <p>G</p>
Dessert	<p>Apple and raisins flapjacks</p> <p>Apple, Brown Sugar, Butter (Contains: Milk), Golden Syrup, Porridge Oats, Raisins</p> <p>G D</p>	<p>Pear cake</p> <p>Brown Sugar, Egg, Milk, Pear, Soya Flour, 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 fruit crumble</p> <p>Apple, Brown Sugar, Cinnamon, Demerara Sugar, Peach, Pear, Salt, Sugar, Water, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Fresh fruit</p> <p>Fresh Fruit</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