

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Veggie cakes with seasonal mixed vegetables and baby new jacket potatoes</p> <p>Baby Jacket Potatoes, Broad Beans, Sweetcorn, Vegetable Quarter Pounders (Contains: Gluten)</p> <p>G SD</p>	<p>Vegetarian goulash with smoked paprika served with basmati rice</p> <p>Butter Beans, Carrots, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Olive Oil, Onion, Red Peppers, Single Cream (Contains Milk), Smoked Paprika, Thyme, Tomato Puree</p> <p>D</p>	<p>Moroccan vegetable tagine with chick peas, apricots and courgettes served with herby couscous</p> <p>Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Chopped Tomatoes, Chick Peas, Diced Carrots, Green Peppers, Red Peppers, Yellow Peppers, Courgettes, Onion, Apricot Sulphur Dioxide, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Cinnamon, Cumin, Garlic Puree, Mixed Herbs - Dried, Turmeric</p> <p>G SD</p>	<p>Slow cooked butter bean stew with mushrooms Served with crunchy diced potatoes</p> <p>Butter Beans, Carrots, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mushrooms, Onion, Potatoes, Swedes, Turnips</p> <p>C</p>	<p>Vegetable pasta bake in a rich tomato sauce with sweetcorn</p> <p>Pasta (Durum Wheat Semolina - Contains Gluten), Chopped Tomatoes, Carrots, Sweetcorn, Red Lentils, Grated Cheddar Cheese (Contains Milk), Onion, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Basil, Garlic</p> <p>G D SD</p>






Allergens Key

D Dairy **E** Eggs **SB** Soy Beans **M** Mustard **SS** Sesame Seeds



G Gluten **F** Fish **N** Nuts

L Lupin **C** Crustaceans **P** Peanuts

M Mollusc **C** Celery **SD** Sulphur Dioxide

Dessert	Peach flapjacks	Vegan, soya free cake	Fruit yoghurt	Fruity granola bar	Fresh fruit
	Apple, Pinch Of Brown Sugar, Butter (Contains: Milk), Golden Syrup, Peach, Porridge Oats (Contains Oat & Gluten) , Pinch Of Sugar	Ingredients: , Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Ingredients: , Natural Yoghurt (Contains Milk) , Fruit Pureed, Pinch Of Sugar	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)	Ingredients: , Seasonal Fresh Fruit Pieces
				 	

Allergens Key

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