

| | 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</p> | <p>Vegetarian goulash with smoked paprika served with basmati rice</p> <p>Apple, Butter Beans, Carrot, Garlic, Gluten Free Low Salt Vegetable Stock, 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>Apricot, Chick Peas, Cinnamon, Courgettes, Cous Cous (Contains Gluten), Cumin, Diced Carrots, Garlic Puree, Gluten Free Low Salt Vegetable Stock, Green Peppers, Mixed Herbs - Dried, Mixed Peppers, Onion, Red Peppers, Turmeric, Yellow Peppers</p> <p>G</p> | <p>Slow cooked butter bean stew with mushrooms Served with crunchy diced potatoes</p> <p>Butter Beans, Carrot, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock, Mushrooms, Onion, Potatoes, Swedes, Turnips</p> <p>C</p> | <p>Vegetable pasta bake with onions and juicy tomatoes and a sweet vegetable carrot sauce</p> <p>Balsamic Vinegar, Basil, Carrot, Chopped Tomatoes, Egg Free Fusilli (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Red Lentils, Salt, Sunflower Oil, Sweetcorn</p> <p>G D</p> |
| Dessert | <p>Peach flapjacks</p> <p>Apple, Brown Sugar, Butter (Contains: Milk), Golden Syrup, Peach, Porridge Oats, Sugar</p> <p>G D</p> | <p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</p> | <p>Fruit yoghurt</p> <p>Fruit Pureed, Low Fat Yoghurt (Contains Milk), Sugar</p> <p>D</p> | <p>Fruity granola bar</p> <p>Apple, Apricot, Blackberries, Blackcurrants, Brown Sugar, Dairy Free Sunflower Spread, Oat Flakes (Contains Oat & Gluten), Raspberries, Redcurrants, Strawberries, Vanilla Flavouring, Wheat Flour (Contains Gluten)</p> <p>G</p> | <p>Fresh fruit</p> <p>Seasonal Fresh Fruit Pieces</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

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 |