

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<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>Roast chicken bites with a broccoli and pea pesto Served with egg free noodles</p> <p>Broccoli, Chicken Breast, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Garden Peas, Garlic, Ground Black Pepper, Onion, Parsley, Salt, Sunflower Oil</p> <p><b>G</b></p>	<p>Tuna pasta bake with sweetcorn</p> <p><b>Ingredients:</b>, <b>Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten)</b>, Chopped Tomatoes, Tomato Paste, Carrots, <b>Tuna Chunks (Contains Fish)</b>, Sweetcorn, Onion, <b>Grated Cheddar Cheese (Contains Milk)</b>, Sunflower Oil, <b>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite)</b>, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning</p> <p><b>G F D SD</b></p>	<p>Chicken tikka masala served with basmati rice</p> <p><b>Ingredients:</b>, Basmati Rice, Chopped Tomatoes, Carrots, Chicken Breast, Onion, <b>Single Cream (Contains Milk)</b>, 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><b>D</b></p>	<p>Creamy beef stew with mixed peppers and mushroom, served with roasted potatoes</p> <p><b>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite)</b>, Carrots, Diced Beef, 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, <b>Single Cream (Contains Milk)</b>, Sunflower Oil, Tomato Puree</p> <p><b>D</b></p>

## Allergens Key

<b>D</b> Dairy	<b>E</b> Eggs	<b>SB</b> Soy Beans	<b>M</b> Mustard	<b>L</b> Lupin	<b>C</b> Crustaceans	<b>P</b> Peanuts
<b>G</b> Gluten	<b>F</b> Fish	<b>N</b> Nuts	<b>SS</b> Sesame Seeds	<b>M</b> Mollusc	<b>C</b> Celery	<b>SD</b> Sulphur Dioxide

Dessert

Vegan, soya free cake

**Ingredients:**, Wheat Flour (Contains Gluten), 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



Apple and raisin flapjacks

Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, **Porridge Oats (Contains Oat & Gluten)**



Fresh fruit

**Ingredients:**, Fresh Fruit

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