

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Italian lentil ragu served with basmati rice</p> <p>Apple, Basmati Rice, Carrot, Celery, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock, Green Peppers, Ground Black Pepper, Olive Oil, Onion, Oregano, Red Lentils, Red Peppers, Thyme, Tomato Puree, Yellow Peppers</p> <p>C</p>	<p>Roast chicken bites with a broccoli and pea pesto Served with egg free noodles</p> <p>Broccoli, Chicken Breast, Egg Free Noodles (Contains Gluten), Garden Peas, Garlic, Ground Black Pepper, Onion, Parsley, Salt, Sunflower Oil</p> <p>G</p>	<p>Tuna pasta bake with sweetcorn</p> <p>Balsamic Vinegar, Chopped Tomatoes, Egg Free Fusilli (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Italian Seasoning, Onion, Peppers, Salt, Sugar, Sunflower Oil, Sweetcorn, Tomato Paste, Tuna Chunks (Contains Fish)</p> <p>G F</p>	<p>Mild chicken tikka masala served with basmati rice</p> <p>Basmati Rice, Butternut Squash, Carrot, Chicken Breast, Coriander, Garam Masala, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock, Korma Curry Paste, Mango Chutney, Olive Oil, Onion, Single Cream (Contains Milk)</p> <p>D</p>	<p>Creamy beef stroganoff with mushrooms served with crunchy potatoes</p> <p>Balsamic Vinegar, Carrot, Diced Beef, Garlic, Gluten Free Low Salt Vegetable Stock, Mixed Peppers, Onion, Paprika, Potatoes, Single Cream (Contains Milk), Sugar, Sunflower Oil, Tomato Puree</p> <p>D</p>
Dessert	<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>Strawberry yoghurt</p> <p>Low Fat Yoghurt (Contains Milk), Strawberry Puree, Sugar</p> <p>D</p>	<p>Apple and raisin flapjacks</p> <p>Apple, Brown Sugar, Butter (Contains: Milk), Golden Syrup, Porridge Oats</p> <p>G D</p>	<p>Fresh banana</p> <p>Banana</p>	<p>Cinnamon and vanilla forest fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Peach, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</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