

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes with baked beans and grated cheddar cheese</p> <p>Baked Beans In Tomato Sauce, Grated Cheddar Cheese (Contains Milk), Jacket Potatoes</p> <p>D</p>	<p>Winter vegetables with chickpeas and egg free noodles served with a cauliflower coulis</p> <p>Cauliflower, Chick Peas, Egg Free Noodles (Contains Gluten), Gluten Free Low Salt Vegetable Stock, Olive Oil, Onion, Parsley, Peppers, Plum Sauce, Sweetcorn, Tomato Paste</p> <p>G</p>	<p>Baked pasta with mediterranean vegetables</p> <p>Chopped Tomatoes, Courgettes, Diced Carrots, Egg Free Fusilli (Contains Gluten), Garlic Puree, Gluten Free Low Salt Vegetable Stock, Green Peppers, Ground Black Pepper, Onion, Red Lentils, Red Peppers, Yellow Peppers</p> <p>G</p>	<p>Sweet and sour veggies with pepper and bite sized tasty pineapple served with egg free noodles</p> <p>Brown Sugar, Cornflour, Egg Free Noodles (Contains Gluten), Garlic, Ginger, Gluten Free Low Salt Vegetable Stock, Green Lentils, Lemon Juice, Mixed Peppers, Onion, Paprika, Pineapple, Vinegar</p> <p>G</p>	<p>Smoked paprika butter beans with a zesty tomato sauce served with basmati rice</p> <p>Balsamic Vinegar, Basil, Basmati Rice, Butter Beans, Carrot, Chopped Tomatoes, Courgettes, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Peppers, Smoked Paprika, Sunflower Oil, Thyme, Tomato Paste</p>
Dessert	<p>Date and apple flapjacks</p> <p>Apple, Brown Sugar, Dairy Free Margarine, Date, Golden Syrup, Porridge Oats</p> <p>G</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Margarine, 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>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</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