

















	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Ratatouille with chickpeas and parsley rice</p> <p><b>Ingredients:</b>, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Olive Oil, Basil, Parsley, Thyme, Ground Black Pepper, Garlic</p>	<p>Hungarian beef paprika sauce and mash</p> <p><b>Ingredients:</b>, Potatoes, <b>Stewpack (Onion, Carrots, Turnip, Swede, Celery)</b>, Carrots, Onion, Beef Mince, <b>Single Cream (Contains Milk)</b>, <b>Butter (Contains: Milk)</b>, Tomato Puree, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper</p> <p><b>D C</b></p>	<p>Hoisin Chicken with rice</p> <p><b>Ingredients:</b>, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Chicken Breast, Olive Oil</p>	<p>Sweet and sour Asian chicken with noodles</p> <p><b>Ingredients:</b>, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, Garlic</p> <p><b>G</b></p>	<p>Tuna pasta salad with mayo</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, <b>Mayonnaise (Rapeseed Oil, Water, Vinegar, Egg, Sugar, Salt, Thickener (Xanthan Gum)</b>, Sweetcorn, Peppers, <b>Natural Yoghurt (Contains Milk)</b>, <b>Tuna Chunks (Contains Fish)</b>, Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper</p> <p><b>G E F D M</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	Vegan, soya free cake	Fresh melon slices	Peach Krispie Bite	Strawberry yoghurt
	<b>Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin),</b> Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	<b>Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin),</b> Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	<b>Ingredients:,,</b> Honeydew Melon	<b>Ingredients:, Oat Flakes (Contains Oat &amp; Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt),</b> Peach, Dairy Free Margarine, Golden Syrup	<b>Ingredients:, Natural Yoghurt (Contains Milk),</b> Strawberry Puree, Pinch Of Sugar
					

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