

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Lentil and chickpea dhal with herby couscous</p> <p>Carrot, Chick Peas, Chopped Tomatoes, Coconut Milk, Coriander, Cous Cous (Contains Gluten), Cumin, Curry Powder, Ginger, Ground Black Pepper, Lentils, Onion, Paprika, Potato, Salt, Sunflower Oil, Turmeric</p> <p><b>G</b></p>	<p>Vegetarian chilli con carne with kidney beans served with basmati rice</p> <p>Baked Beans In Tomato Sauce, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock, Green Lentils, Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Paprika, Salt, Sunflower Oil, Sweetcorn</p>	<p>Butter beans and leeks with carrots in a creamy sauce served with potatoes</p> <p>Butter Beans, Carrot, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Lemon Juice, Onion, Potatoes, Salt, Single Cream (Contains Milk), Smoked Paprika, Sunflower Oil, Tumeric, Wheat Flour (Contains Gluten)</p> <p><b>G D</b></p>	<p>Vegetable chowder with cannellini beans served with yellow rice</p> <p>Basmati Rice, Cannellini Beans, Carrot, Celery, Dill, Garden Peas, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Lemon Juice, Onion, Parsley, Potatoes, Salt, Single Cream (Contains Milk), Sunflower Oil, Sweetcorn, Turmeric, Wheat Flour (Contains Gluten)</p> <p><b>G D C</b></p>	<p>Vegetable chow main served with egg free noodles</p> <p>Carrot, Egg Free Noodles (Contains Gluten), Ginger, Gluten Free Low Salt Vegetable Stock, Green Beans, Mixed Peppers, Mushrooms, Olive Oil, Onion</p> <p><b>G</b></p>
<b>Dessert</b>	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Low Fat Yoghurt (Contains Milk), Sugar</p> <p><b>D</b></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><b>G</b></p>	<p>Rice Krispie Apricot slice</p> <p>Dairy Free Margarine, Dried Apricots, Golden Syrup, Oat Flakes (Contains Oat &amp; Gluten), Raisins, Rice Krispies (Contains Barley &amp; Gluten)</p> <p><b>G</b></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><b>G</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