















|                | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|----------------|--|---|--|---|---|
| <b>Main</b>    | <p>Jacket potatoes with sweetcorn and cheese</p> <p><b>Ingredients:</b>, Jacket Potatoes, Sweetcorn, <b>Grated Cheddar Cheese (Contains Milk)</b></p> <p><b>D</b></p>  | <p>Chickpea and cauliflower couscous salad</p> <p><b>Ingredients:</b>, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, Carrots, Cauliflower, Sweetcorn, Chick Peas, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil</p> <p><b>G</b></p> | <p>Chicken pasta salad</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Mixed Peppers, Carrots, Sweetcorn, Onion, Chicken Breast, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper</p> <p><b>G</b></p> | <p>Cumin chicken with garlic bread and Tzatziki dip</p> <p><b>Ingredients:</b>, <b>Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Chicken Breast, Natural Yoghurt (Contains Milk)</b>, Cucumber, Garlic, Cumin, Coriander, Paprika, Ground Black Pepper, Dill, Parsley, Basil</p> <p><b>G D</b></p> | <p>Paprika chickpea and green beans with baby new potato salad</p> <p><b>Ingredients:</b>, Potatoes, Chick Peas, Green Beans, Olive Oil, Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin</p> |
| <b>Dessert</b> | <p>Chocolate and pineapple cake</p> <p><b>Ingredients:</b>, Wheat Flour (Contains Gluten), <b>Soya Flour</b>, Pineapple, <b>Butter (Contains: Milk)</b>, Vegetable Oil, Egg, Pinch Of Sugar, Cinnamon, Cocoa Powder</p> <p><b>G E SB D</b></p> | <p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>  | <p>Lemon yoghurt</p> <p><b>Ingredients:</b>, <b>Natural Yoghurt (Contains Milk)</b>, Lemon, Pinch Of Sugar</p> <p><b>D</b></p>   | <p>Vanilla Rice Pudding</p> <p> pudding Rice, <b>Milk</b>, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar</p> <p><b>D</b></p>  | <p>Apple and cherry cake</p> <p><b>Ingredients:</b>, Wheat Flour (Contains Gluten), <b>Soya Flour</b>, Apple, Cherry, <b>Butter (Contains: Milk)</b>, Egg, Pinch Of Sugar, Cinnamon</p> <p><b>G E SB D</b></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

Allergens Key

- |  |  |   |  |   |   |   |
|--|--|---|--|---|---|---|
|  Dairy  |  Eggs |  Soy Beans |  Mustard      |  Lupin   |  Crustaceans |  Peanuts         |
|  Gluten |  Fish |  Nuts      |  Sesame Seeds |  Mollusc |  Celery      |  Sulphur Dioxide |