

|             | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|-------------|---|--|--|---|--|
| <b>Main</b> | <p>Creamy root vegetable gratin with bulgar wheat</p> <p><b>Ingredients:</b>, <b>Bulgar Wheat</b>, Potato, Onion, Carrots, Swedes, <b>Celery</b>, Turnips, Lentils, Olive Oil, Mushrooms, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Vinegar, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Flour, Bay Leaves, Garlic, Parsley, Mixed Herbs - Dried, Turmeric</p> <p><b>G C</b></p> | <p>Veggie Chow Mein with lentils, peas and noodles</p> <p><b>Ingredients:</b>, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Carrots, Garden Peas, Sweetcorn, Tomatoes, Onion, Olive Oil, Plum Sauce, Lentils, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b>, Black Pepper, Garlic</p> <p><b>G SB</b></p> | <p>Balti beans with rice</p> <p><b>Ingredients:</b>, Basmati Rice, Tomatoes, Onion, Spinach, Beans, Olive Oil, Ginger, Garam Masala, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, <b>Curry Powder (Contains Mustard)</b>, Turmeric</p> <p><b>M</b></p> | <p>Veggie Pot Pie</p> <p><b>Ingredients:</b>, Potatoes, Grated Carrots, Sweetcorn, Onion, <b>Celery</b>, Beans, Lentils, Tomato Paste, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Cumin, Black Pepper</p> <p><b>C</b></p> | <p>Lentil pasta bake with sweetcorn</p> <p><b>Ingredients:</b>, <b>Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten)</b>, Chopped Tomatoes, Tomato Paste, Carrots, Lentils, Sweetcorn, Onion, <b>Grated Cheddar Cheese (Contains Milk)</b>, Olive Oil, <b>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite)</b>, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning</p> <p><b>G D SD</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

**Dessert**

Cherry yoghurt

**Ingredients:** Natural Yoghurt (Contains Milk), Cherry, Pinch Of Sugar



Vegan, soya free cake

**Ingredients:** Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



Fresh banana

**Ingredients:** Banana

Chocolate and cinnamon flapjacks

**Ingredients:** Porridge Oats (Contains Oat & Gluten), Apple, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar, Cocoa Powder, Cinnamon



Vegan, soya free cake

**Ingredients:** Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



**Allergens Key**



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur Dioxide