

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Roasted Chickpea, fresh raw vegetables, herby yoghurt dip with a tortilla wrap.</p> <p><b>Ingredients:</b>, <b>Wrap (Contains Wheat, Gluten)</b>, Chick Peas, Cucumber, Carrots, <b>Natural Yoghurt (Contains Milk)</b>, Garlic, Parsley, Black Pepper, Dill</p> <p><b>G D</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

<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**

Cherry yoghurt

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



Apple and Peach  
Chocolate cake

**Ingredients:**, Wheat Flour  
(With Calcium, Iron, Niacin,  
Thiamin), Soya Flour, Apple,  
Peach, Egg, Milk, Pinch Of  
Brown Sugar, Cocoa Powder,  
Gluten Free Baking Powder



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



Blueberry Muffins

**Ingredients:**, Wheat Flour  
(With Calcium, Iron, Niacin,  
Thiamin), Soya Flour,  
Blueberry, Butter (Contains:  
Milk), Milk, Egg, Pinch Of  
Brown Sugar, Gluten Free  
Baking Powder



**Allergens Key**

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