

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Italian lentil ragu served with basmati rice</p> <p>Apple, Basmati Rice, Carrot, Celery, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock, Green Peppers, Ground Black Pepper, Olive Oil, Onion, Oregano, Red Lentils, Red Peppers, Thyme, Tomato Puree, Yellow Peppers</p> <p><b>C</b></p>	<p>Green lentils with broccoli and pea pesto served with egg free noodles</p> <p>Broccoli, Egg Free Noodles (Contains Gluten), Garlic, Green Lentils, Ground Black Pepper, Onion, Parsley, Salt, Sunflower Oil, Turmeric</p> <p><b>G</b></p>	<p>Vegetarian pasta bake with sweetcorn and chickpeas</p> <p>Balsamic Vinegar, Chick Peas, Chopped Tomatoes, Egg Free Fusilli (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Italian Seasoning, Onion, Peppers, Salt, Sugar, Sunflower Oil, Sweetcorn, Tomato Paste</p> <p><b>G</b></p>	<p>Mild Tikka masala with cannellini beans Served with basmati rice</p> <p>Basmati Rice, Butternut Squash, Cannellini Beans, Carrot, Coriander, Garam Masala, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock, Korma Curry Paste, Mango Chutney, Olive Oil, Onion, Single Cream (Contains Milk)</p> <p><b>D</b></p>	<p>Creamy stroganoff with butter beans &amp; mushrooms served with crunchy potatoes</p> <p>Balsamic Vinegar, Butter Beans, Carrot, Garlic, Gluten Free Low Salt Vegetable Stock, Mixed Peppers, Onion, Paprika, Potatoes, Single Cream (Contains Milk), Sugar, Sunflower Oil, Tomato Puree</p> <p><b>D</b></p>
<b>Dessert</b>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p><b>G</b></p>	<p>Strawberry yoghurt</p> <p>Low Fat Yoghurt (Contains Milk), Strawberry Puree, Sugar</p> <p><b>D</b></p>	<p>Apple and raisin flapjacks</p> <p>Apple, Brown Sugar, Butter (Contains: Milk), Golden Syrup, Porridge Oats</p> <p><b>G D</b></p>	<p>Fresh banana</p> <p>Banana</p>	<p>Cinnamon and vanilla forest fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Peach, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</p>

### Allergens Key

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|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| <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 |