

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>100% Cod fillet fish fingers and baked beans with sautéed potatoes</p> <p>Baked Beans In Tomato Sauce, Cod Fillet Fish Fingers (Whitefish, Wheat Flour, Vegetable Oil, Yeast, Salt, Paprika, Curcumin, Turmeric), Sauteed Potatoes</p> <p>G F</p>	<p>Winter vegetables with chickpeas and egg free noodles served with a cauliflower coulis</p> <p>Cauliflower, Chick Peas, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Olive Oil, Onion, Parsley, Peppers, Plum Sauce, Sweetcorn, Tomato Paste</p> <p>G</p>	<p>Baked pasta with mediterranean vegetables and Tuna</p> <p>Chopped Tomatoes, Courgettes, Diced Carrots, Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten), Garlic Puree, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Grated Cheddar Cheese (Contains Milk), Green Peppers, Ground Black Pepper, Onion, Red Peppers, Sweetcorn, Tuna Chunks (Contains Fish), Yellow Peppers</p> <p>G F D</p>	<p>Sweet and sour veggies with pepper and bite sized tasty pineapple served with egg free noodles</p> <p>Cornflour, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Garlic, Ginger, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Lemon Juice, Mixed Peppers, Onion, Paprika, Pineapple, Vinegar</p> <p>G</p>	<p>Smoked paprika chicken with a tomato sauce served with basmati rice</p> <p>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Basil, Basmati Rice, Carrots, Chicken Breast, Chopped Tomatoes, Courgettes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Onion, Peppers, Smoked Paprika, Sunflower Oil, Thyme, Tomato Paste</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

Fruit yoghurt

Ingredients:, Natural
Yoghurt (Contains Milk),
Fruit Pureed, Pinch Of Sugar



Vegan, soya free cake

Ingredients:, Wheat Flour
(Contains Gluten), Apple,
Peach, Pear, Dairy Free
Margarine, Pinch Of Brown
Sugar, Gluten Free Baking
Powder, Bicarbonate Of
Soda, Cinnamon



Fresh fruit

Ingredients:, Fresh Fruit

Rice Krispie Apricot slice

Dairy Free Margarine, Dried
Apricots, Golden Syrup, **Oat
Flakes (Contains Oat &
Gluten)**, Raisins, **Rice
Krispies (Rice, Sugar,
Barley Extract, Salt -
Contains Barley)**



Vegan, soya free cake

Ingredients:, Wheat Flour
(Contains Gluten), 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