

Tuesday Wednesday **Thursday Friday** Monday Slow cooked butter bean Main Veggie cakes with seasonal Vegetarian goulash with Moroccan vegetable tagine Vegetable pasta bake in a mixed vegetables and baby smoked paprika served with chick peas, apricots stew with mushrooms rich tomato sauce with with basmati rice new jacket potatoes and courgettes served with Served with crunchy diced sweetcorn herby couscous potatoes Baby Jacket Potatoes, Broad Butter Beans, Carrots, Garlic, Pasta (Durum Wheat Beans, Sweetcorn, Vegetable Gluten Free Low Salt Semolina - Contains Ingredients:, Cous Cous Butter Beans, Carrots, Quarter Pounders (Contains: Vegetable Stock (Cornflour, Gluten), Chopped Tomatoes, (Durum Wheat Semolina -Chopped Tomatoes, Garlic, Potato Starch, Onion, Carrot, Carrots, Sweetcorn, Red Gluten) Gluten Free Low Salt Contains Gluten), Chopped Peas, Tomato Powder, Black Tomatoes, Chick Peas, Diced Vegetable Stock (Cornflour, Lentils, Grated Cheddar Pepper, Parsley, Turmeric, Cheese (Contains Milk), Carrots, Green Peppers, Red Potato Starch, Onion, Carrot, **G 9** Salt), Olive Oil, Onion, Red Peppers, Yellow Peppers, Peas, Tomato Powder, Black Onion, Sunflower Oil, Gluten Peppers, Single Cream Free Low Salt Vegetable Courgettes, Onion, Apricot Pepper, Parsley, Turmeric, (Contains Milk), Smoked Salt), Mushrooms, Onion, Stock (Cornflour, Potato Sulphur Dioxide, Gluten Paprika, Thyme, Tomato Starch, Onion, Carrot, Peas, Free Low Salt Vegetable Potatoes, Swedes, Turnips Tomato Powder, Black Puree Stock (Cornflour, Potato Pepper, Parsley, Turmeric, Starch, Onion, Carrot, Peas, (C) Tomato Powder, Black Salt), Balsamic Vinegar (Red **(D)** Wine Vinegar, Grape Must, Pepper, Parsley, Turmeric, Salt), Cinnamon, Cumin, Caramel, Sulphite), Basil, Garlic Puree, Mixed Herbs -Garlic Dried, Turmeric **G** (D) **S**D G ®

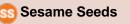
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Dessert

Peach flapjacks

Apple, Pinch Of Brown Sugar, Butter (Contains: Milk), Golden Syrup, Peach, **Porridge Oats (Contains Oat** & Gluten), Pinch Of Sugar



Pear Cake

Butter (Contains: Milk), Egg, Gluten Free Baking Powder, Milk, Pear, Soya Flour, Pinch Of Sugar, Wheat Flour (Contains Gluten)







Fruit yoghurt

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



Fruity granola bar

Apple, Apricot Sulphur Dioxide, Blackberries, Blackcurrants, Dairy Free Margarine, Oat Flakes (Contains Oat & Gluten), Pinch Of Brown Sugar, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring, Wheat Flour (Contains Gluten)

Fresh fruit

Ingredients:, Seasonal Fresh Fruit Pieces



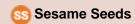
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