

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

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

Allergens Key

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