

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes with sweetcorn and cheese</p> <p>Ingredients:, Jacket Potatoes, Sweetcorn, Grated Cheddar Cheese (Contains Milk)</p> <p>D</p>	<p>Chickpea and cauliflower couscous salad</p> <p>Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Cauliflower, Sweetcorn, Chick Peas, Olive Oil, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil</p> <p>G</p>	<p>Lentil pasta salad</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Peppers, Carrots, Sweetcorn, Onion, Lentils, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper</p> <p>G</p>	<p>Gluten free Cauliflower and Broccoli Tots with garlic bread and Tzatziki dip</p> <p>Ingredients:, Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Natural Yoghurt (Contains Milk), Cucumber, Garlic, Ground Black Pepper, Dill, Parsley, Basil</p> <p>G D</p>	<p>Paprika chickpea and green beans with baby new potato salad</p> <p>Ingredients:, Potatoes, Chick Peas, Green Beans, Olive Oil, Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin</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

Chocolate and pineapple
cake

Ingredients: Wheat Flour
(With Calcium, Iron, Niacin,
Thiamin), Soya Flour,
Pineapple, **Butter (Contains:
Milk)**, Vegetable Oil, Egg,
Pinch Of Sugar, Cinnamon,
Cocoa Powder



Fresh fruit

Ingredients: Fresh Fruit

Lemon yoghurt

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



Vanilla Rice Pudding

Pudding Rice, **Milk**, Skimmed
Milk Powder, Vanilla
Flavouring, Pinch Of Sugar



Apple and cherry cake

Ingredients: Wheat Flour
(With Calcium, Iron, Niacin,
Thiamin), Soya Flour, Apple,
Cherry, **Butter (Contains:
Milk)**, Egg, Pinch Of Sugar,
Cinnamon



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