

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Cod fish fingers with garden peas served with sautéed potatoes</p> <p>Cod Fillet Fish Fingers (Contains: Gluten, Fish), Garden Peas, Sauteed Potatoes</p> <p>G F</p>	<p>Roasted vegetable pasta bake</p> <p>Chopped Tomatoes, Courgettes, Diced Carrots, Egg Free Fusilli (Contains Gluten), Garlic Puree, Gluten Free Low Salt Vegetable Stock, Grated Cheddar Cheese (Contains Milk), Green Peppers, Onion, Red Lentils, Red Peppers, Yellow Peppers</p> <p>G D</p>	<p>Roast chicken chunks with a sweet carrot sauce garden peas served with egg free noodles</p> <p>Basil, Carrot, Chicken Breast, Chopped Tomatoes, Egg Free Noodles (Contains Gluten), Garden Peas, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Onion, Salt, Spinach, Sunflower Oil</p> <p>G</p>	<p>Beef cottage pie with potatoes</p> <p>Beef Mince, Carrot, Celery, Chopped Tomatoes, Gluten Free Low Salt Vegetable Stock, Green Lentils, Ground Black Pepper, Mixed Herbs - Dried, Onion, Plain Flour, Salt, Sauteed Potatoes, Smoked Paprika, Sunflower Oil, Thyme, Tomato Paste</p> <p>C</p>	<p>Coriander chicken curry with carrots Served with basmati rice</p> <p>Apple, Basmati Rice, Carrot, Chicken Breast, Coconut Milk, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Korma Curry Paste, Mango Chutney, Onion, Sunflower Oil, Sweetcorn, Tomato Puree</p>
Dessert	<p>Oat and raisin slice</p> <p>Brown Sugar, Dairy Free Margarine, Honey, Oat Flakes (Contains Oat & Gluten), Raisins</p> <p>G</p>	<p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Mixed fruit crumble</p> <p>Apple, Brown Sugar, Cinnamon, Demerara Sugar, Peach, Pear, Salt, Sugar, Water, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Low Fat Yoghurt (Contains Milk), Sugar</p> <p>D</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