















| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|---|--|--|--|
| Main | <p>Fruity vegetable curry with chick peas served with basmati rice</p> <p>Apple, Basmati Rice, Carrot, Chick Peas, Coconut Milk, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Korma Curry Paste, Mango Chutney, Onion, Salt, Sunflower Oil, Sweetcorn, Tomato Puree</p> | <p>Cannellini beans in a mango sauce with carrots and sweetcorn served with couscous</p> <p>Cannellini Beans, Cous Cous (Contains Gluten), Garlic, Ginger, Lemon Juice, Mango Chutney, Mixed Peppers, Salt, Sunflower Oil, Sweetcorn, Vinegar</p> <p>G</p> | <p>Hungarian goulash with butter beans served with diced potatoes</p> <p>Apple, Butter Beans, Carrot, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock, Mixed Peppers, Onion, Paprika, Potatoes, Salt, Single Cream (Contains Milk), Smoked Paprika, Sugar, Sunflower Oil, Thyme, Tomato Puree</p> <p>D</p> | <p>Vegetarian Katsu with red lentils, peppers served with basmati rice</p> <p>Apple, Apricot, Basmati Rice, Carrot, Chopped Tomatoes, Curry Powder, Garam Masala, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Mango Chutney, Onion, Red Lentils, Soya Sauce (Contains Gluten, Soya), Sugar, Sunflower Oil, Vinegar, Wheat Flour (Contains Gluten)</p> | <p>Vegetarian bolognese with hidden veggies served with penne pasta</p> <p>Apple, Black Pepper, Carrot, Celery, Chopped Tomatoes, Egg Free Penne (Contains Gluten), Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Green Lentils, Leeks, Mixed Peppers, Onion, Oregano, Salt, Sugar, Sunflower Oil, Tomato Puree</p> <p>G C</p> |
| Dessert | <p>Fresh fruit</p> <p>Fresh Fruit</p> | <p>Pear and pineapple energy bites</p> <p>Cocoa Powder, Maple Syrup, Oat Flakes (Contains Oat & Gluten), Orange Extract, Pear, Pineapple, Rice Krispies (Contains Barley & Gluten)</p> <p>G</p> | <p>Fruit yoghurt</p> <p>Fruit Pureed, Low Fat Yoghurt (Contains Milk), Sugar</p> <p>D</p> | <p>Cranberry flapjacks with rice crispies</p> <p>Apple, Brown Sugar, Butter (Contains: Milk), Cranberry, Golden Syrup, Porridge Oats, Rice Krispies (Contains Barley & Gluten)</p> <p>G D</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> |

Allergens Key

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|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| 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 |

Allergens Key

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