















	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Creamy root vegetable gratin with basmati rice</p> <p>Ingredients:, Basmati Rice, Potato, Onion, Carrots, Swedes, Celery, Turnips, Lentils, Sunflower Oil, Mushrooms, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Vinegar, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Flour, Bay Leaves, Garlic, Parsley, Mixed Herbs - Dried, Turmeric</p> <p>C</p>	<p>Beef Chow Mein with peas and gluten free pasta GSF</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Carrots, Garden Peas, Sweetcorn, Tomatoes, Onion, Sunflower Oil, Plum Sauce, Beef Mince, Black Pepper, Garlic</p>	<p>Balti chicken with rice</p> <p>Ingredients:, Basmati Rice, Tomatoes, Onion, Spinach, Chicken Breast, Sunflower Oil, Ginger, Garam Masala, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Curry Powder (Contains Mustard), Turmeric</p> <p>M</p>	<p>Chicken Pot Pie</p> <p>Ingredients:, Potatoes, Grated Carrots, Sweetcorn, Onion, Celery, Beans, Chicken Breast, Lentils, Tomato Paste, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Cumin, Black Pepper</p> <p>C</p>	<p>Tuna pasta bake with sweetcorn</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Tomato Paste, Carrots, Tuna Chunks (Contains Fish), Sweetcorn, Onion, Sunflower Oil, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning</p> <p>F SD</p>
Dessert	<p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fresh banana</p> <p>Ingredients:, Banana</p>	<p>Fruit compote</p> <p>Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</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

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 |