

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Cod fish cakes with seasonal mixed vegetables served with baby jacket potatoes</p> <p>Baby Jacket Potatoes, Broad Beans, Cod Fillet Fish Cakes (Contains: Gluten, Fish), Sweetcorn</p> <p>G F</p>	<p>Vegetarian goulash with smoked paprika served with basmati rice</p> <p>Apple, Butter Beans, Carrot, Garlic, Gluten Free Low Salt Vegetable Stock, Olive Oil, Onion, Red Peppers, Smoked Paprika, Thyme, Tomato Puree</p>	<p>Moroccan chicken tagine with apricots and courgettes served with herby couscous</p> <p>Apricot, Chick Peas, Chicken Breast, Cinnamon, Courgettes, Cous Cous (Contains Gluten), Cumin, Diced Carrots, Garlic Puree, Gluten Free Low Salt Vegetable Stock, Green Peppers, Mixed Herbs - Dried, Mixed Peppers, Onion, Red Peppers, Turmeric, Yellow Peppers</p> <p>G</p>	<p>Slow cooked beef stew with mushrooms served with crunchy diced potatoes</p> <p>Chopped Tomatoes, Diced Beef, Gluten Free Low Salt Vegetable Stock, Mushrooms, Onion, Parsnips, Potatoes, Raw Veggies, Swedes, Turnips</p> <p>C</p>	<p>Chicken pasta bake with onions and juicy tomatoes and a sweet Vegetable carrot sauce</p> <p>Balsamic Vinegar, Basil, Carrot, Chicken Breast, Chopped Tomatoes, Egg Free Fusilli (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Salt, Sunflower Oil, Sweetcorn</p> <p>G</p>
Dessert	<p>Vegan, soya free flapjacks</p> <p>Apple, Brown Sugar, Dairy Free Sunflower Spread, Golden Syrup, Peach, Porridge Oats, Sugar</p> <p>G</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Soya yoghurt</p> <p>Flavouring, Soya Beans</p> <p>SB</p>	<p>Fruity granola bar</p> <p>Apple, Apricot, Blackberries, Blackcurrants, Brown Sugar, Dairy Free Sunflower Spread, Oat Flakes (Contains Oat & Gluten), Raspberries, Redcurrants, Strawberries, Vanilla Flavouring, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Fresh fruit</p> <p>Seasonal Fresh Fruit Pieces</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

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