

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Italian lentil ragu served with basmati rice</p> <p>Basmati Rice, Carrots, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Peppers, Ground Black Pepper, Olive Oil, Onion, Oregano, Red Lentils, Red Peppers, Thyme, Tomato Puree, Yellow Peppers</p>	<p>Green lentils with broccoli and pea pesto served with egg free noodles</p> <p>Broccoli, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Garlic, Green Lentils, Ground Black Pepper, Onion, Parsley, Salt, Sunflower Oil, Turmeric</p> <p><b>G</b></p>	<p>Vegan pasta bake with sweetcorn and chickpeas</p> <p><b>Ingredients:</b>, <b>Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten)</b>, Chopped Tomatoes, Tomato Paste, Carrots, Chick Peas, Sweetcorn, Onion, Sunflower Oil, <b>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite)</b>, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning</p> <p><b>G SD</b></p>	<p>Tikka masala with beans served with basmati rice</p> <p><b>Ingredients:</b>, Basmati Rice, Chopped Tomatoes, Carrots, Beans, Onion, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger</p>	<p>Creamy vegetable stew with butter beans, mixed peppers and mushroom served with roasted potatoes</p> <p><b>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite)</b>, Butter Beans, Carrots, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Peppers, Onion, Paprika, Potatoes, Sunflower Oil, Tomato Puree</p>

## Allergens Key

**D** Dairy   **E** Eggs   **SB** Soy Beans   **M** Mustard   **G** Gluten   **F** Fish   **N** Nuts   **SS** Sesame Seeds

**L** Lupin   **C** Crustaceans   **P** Peanuts   **M** Mollusc   **C** Celery   **SD** Sulphur Dioxide

Dessert	<p>Vegan, soya free cake</p> <p><b>Ingredients:</b>, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> <p><b>G</b></p>	<p>Fruit compote</p> <p><b>Ingredients:</b>, Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar</p>	<p>Apple and raisin flapjacks</p> <p>Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, <b>Porridge Oats (Contains Oat &amp; Gluten)</b></p> <p><b>G</b></p>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Seasonal Fresh Fruit Pieces</p>	<p>Cinnamon and vanilla forest fruit compote</p> <p><b>Ingredients:</b>, Apple, Peach, Pear, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>
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