

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes with sweetcorn and gluten free Cauliflower and Broccoli Tots</p> <p>Ingredients:, Jacket Potatoes, Sweetcorn, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt)</p>	<p>Chickpea and cauliflower couscous salad</p> <p>Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Cauliflower, Sweetcorn, Chick Peas, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil</p> <p>G</p>	<p>Lentil pasta salad</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Peppers, Carrots, Sweetcorn, Onion, Lentils, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper</p> <p>G</p>	<p>Gluten free Cauliflower and Broccoli Tots with garlic bread and cucumber sticks DF</p> <p>Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Cucumber, Garlic, Cumin, Coriander, Paprika, Ground Black Pepper, Dill, Parsley, Basil</p> <p>G</p>	<p>Paprika chickpea and green beans with baby new potato salad</p> <p>Ingredients:, Potatoes, Chick Peas, Green Beans, Olive Oil, Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin</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

Dessert

Vegan, soya free cake

Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



Fresh fruit

Ingredients:, Fresh Fruit

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Dairy Free Vanilla Rice Pudding

Pudding Rice, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Vanilla Flavouring, Pinch Of Sugar

Vegan, soya free cake

Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



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