















	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Veggie cakes with seasonal mixed vegetables and baby new jacket potatoes</p> <p>Baby Jacket Potatoes, Broad Beans, Sweetcorn, Vegetable Quarter Pounders (Contains: Gluten)</p> <p>G</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 vegetable tagine with chick peas, apricots and courgettes served with herby couscous</p> <p>Apricot, Chick Peas, 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 butter bean stew with mushrooms Served with crunchy diced potatoes</p> <p>Butter Beans, Carrot, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock, Mushrooms, Onion, Potatoes, Swedes, Turnips</p> <p>C</p>	<p>Vegetable pasta bake with onions and juicy tomatoes and a sweet vegetable carrot sauce</p> <p>Balsamic Vinegar, Basil, Carrot, Chopped Tomatoes, Egg Free Fusilli (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Red Lentils, 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 |

Allergens Key

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