

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Gluten free fish fingers with seasonal mixed vegetables and baby new jacket potatoes</p> <p>Baby Jacket Potatoes, Broad Beans, Carrots, Garden Peas, Gluten Free Fish Fingers (Contains Fish), Sweetcorn</p> <p><b>F</b></p>	<p>Sweet and sour chicken with mixed peppers, chunky pineapple and basmati rice</p> <p>Basmati Rice, Chicken Breast, Garlic, Lemon Juice, Lime, Gluten Free Low Salt Vegetable Stock, Mixed Herbs, Mixed Peppers, Onion, Oregano, Paprika, Pineapple, Sugar</p>	<p>Bean Moussaka with fresh raw veggies</p> <p>Aubergine, Butter Beans, Cannellini Beans, Carrot, Chopped Tomatoes, Cumin, Garlic, Onion, Paprika, Peppers, Potatoes, Raw Veggies, Salt, Sugar, Sunflower Oil, Thyme</p>	<p>Beef stew and mushrooms with creamy mash potato and side of fresh raw vegetables</p> <p>Carrots, Celery, Chopped Tomatoes, Diced Beef, Gluten Free Low Salt Vegetable Stock, Mushrooms, Olive Oil, Onion, Parsnips, Potato, Raw Veggies, Swedes, Turnips, Vegetable Oils</p> <p><b>C</b></p>	<p>Stir fry veggie gluten free pasta</p> <p>Aubergines, Broccoli, Carrot, Coconut Milk, Courgettes, Gluten Free Pasta, Green Peppers, Mixed Herbs, Olive Oil, Onion, Red Lentils, Red Peppers, Salt, Sweetcorn, Yellow Peppers</p>
<b>Dessert</b>	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Vegan, gluten free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Fresh fruit selection</p> <p>Seasonal Fresh Fruit Pieces</p>	<p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</p>	<p>Fresh fruit</p> <p>Fresh Fruit</p>

## Allergens Key

<b>D</b> Dairy	<b>E</b> Eggs	<b>SB</b> Soy Beans	<b>M</b> Mustard	<b>L</b> Lupin	<b>C</b> Crustaceans	<b>P</b> Peanuts
<b>G</b> Gluten	<b>F</b> Fish	<b>N</b> Nuts	<b>SS</b> Sesame Seeds	<b>M</b> Mollusc	<b>C</b> Celery	<b>SD</b> Sulphur Dioxide