

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Ratatouille with chickpeas and parsley rice</p> <p><b>Ingredients:</b>, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Sunflower Oil, Basil, Parsley, Thyme, Ground Black Pepper, Garlic</p>	<p>Hungarian beef paprika sauce and mash</p> <p><b>Ingredients:</b>, Potatoes, <b>Stewpack (Onion, Carrots, Turnip, Swede, Celery)</b>, Carrots, Onion, Beef Mince, Tomato Puree, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper</p> <p><b>C</b></p>	<p>Hoisin Chicken with rice</p> <p><b>Ingredients:</b>, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Chicken Breast, Sunflower Oil, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b></p> <p><b>SB</b></p>	<p>Sweet and sour Asian chicken with noodles</p> <p><b>Ingredients:</b>, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Sunflower Oil, Gluten Free Flour, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b>, Garlic</p> <p><b>G SB</b></p>	<p>Lentil Red pesto with pasta</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Chopped Tomatoes, Peppers, Sweetcorn, Onion, Lentils, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Basil</p> <p><b>G</b></p>
<b>Dessert</b>	<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>Dairy Free Vanilla Rice Pudding</p> <p>Pudding Rice, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Vanilla Flavouring, Pinch Of Sugar</p>	<p>Fresh melon slices</p> <p><b>Ingredients:</b>, Honeydew Melon</p>	<p>Peach Krispie Bite</p> <p><b>Ingredients:</b>, <b>Oat Flakes (Contains Oat &amp; Gluten)</b>, <b>Rice Krispies (Rice, Sugar, Barley Extract, Salt)</b>, Peach, Dairy Free Margarine, Golden Syrup</p> <p><b>G</b></p>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</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**

- |                 |               |                     |                        |                  |                      |                           |
|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| <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 |