

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Lentil and chickpea dhal with herby couscous</p> <p>Carrot, Chick Peas, Chopped Tomatoes, Coconut Milk, Coriander, Cous Cous (Contains Gluten), Cumin, Curry Powder, Ginger, Ground Black Pepper, Lentils, Onion, Paprika, Potato, Salt, Sunflower Oil, Turmeric</p> <p>G</p>	<p>Beef chilli con carne with kidney beans served with basmati rice</p> <p>Baked Beans In Tomato Sauce, Beef Mince, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Paprika, Salt, Sunflower Oil, Sweetcorn</p>	<p>Chicken and leeks with carrots in a creamy sauce served with potatoes</p> <p>Carrot, Chicken Breast, Coconut Milk, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Lemon Juice, Onion, Potatoes, Salt, Smoked Paprika, Sunflower Oil, Tumeric, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Pollack fish chowder served with yellow rice DF</p> <p>Alaska Pollack (Contains Fish), Basmati Rice, Carrot, Celery, Coconut Milk, Dill, Garden Peas, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Lemon Juice, Onion, Parsley, Potatoes, Salt, Sunflower Oil, Sweetcorn, Turmeric, Wheat Flour (Contains Gluten)</p> <p>G F C</p>	<p>Vegetable chow main served with egg free noodles</p> <p>Carrot, Egg Free Noodles (Contains Gluten), Ginger, Gluten Free Low Salt Vegetable Stock, Green Beans, Mixed Peppers, Mushrooms, Olive Oil, Onion</p> <p>G</p>
Dessert	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Soya yoghurt</p> <p>Soy Beans</p> <p>SB</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Rice Krispie Apricot slice</p> <p>Dairy Free Margarine, Dried Apricots, Golden Syrup, Oat Flakes (Contains Oat & Gluten), Raisins, Rice Krispies (Contains Barley & Gluten)</p> <p>G</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</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