

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Jacket potatoes and baked beans with vegetarian nuggets</p> <p>Baked Beans In Tomato Sauce, Jacket Potatoes, Vegetarian Nuggets (Contains Gluten)</p> <p><b>G</b></p>	<p>Winter vegetables with chickpeas and egg free noodles served with a cauliflower coulis</p> <p>Cauliflower, Chick Peas, Egg Free Noodles (Contains Gluten), Gluten Free Low Salt Vegetable Stock, Olive Oil, Onion, Parsley, Peppers, Plum Sauce, Sweetcorn, Tomato Paste</p> <p><b>G</b></p>	<p>Baked pasta with mediterranean vegetables and Tuna</p> <p>Chopped Tomatoes, Courgettes, Diced Carrots, Egg Free Fusilli (Contains Gluten), Garlic Puree, Gluten Free Low Salt Vegetable Stock, Green Peppers, Ground Black Pepper, Onion, Red Peppers, Tuna Chunks (Contains Fish), Yellow Peppers</p> <p><b>G F</b></p>	<p>Sweet and sour veggies with pepper and bite sized tasty pineapple served with egg free noodles</p> <p>Brown Sugar, Cornflour, Egg Free Noodles (Contains Gluten), Garlic, Ginger, Gluten Free Low Salt Vegetable Stock, Green Lentils, Lemon Juice, Mixed Peppers, Onion, Paprika, Pineapple, Vinegar</p> <p><b>G</b></p>	<p>Smoked paprika chicken with a zesty tomato sauce served with basmati rice</p> <p>Balsamic Vinegar, Basil, Basmati Rice, Carrot, Chicken Breast, Chopped Tomatoes, Courgettes, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Peppers, Smoked Paprika, Sunflower Oil, Thyme, Tomato Paste</p>
<b>Dessert</b>	<p>Date and apple flapjacks</p> <p>Apple, Brown Sugar, Dairy Free Margarine, Date, Golden Syrup, Porridge Oats</p> <p><b>G</b></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><b>G</b></p>	<p>Soya yoghurt</p> <p>Soy Beans</p> <p><b>SB</b></p>	<p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</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><b>G</b></p>

## Allergens Key

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