

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|---|--|--|--|
| Main | <p>Jacket potatoes and baked beans with vegetarian nuggets</p> <p>Baked Beans In Tomato Sauce, Jacket Potatoes, Vegetarian Nuggets (Contains Gluten)</p> <p>G</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>G</p> | <p>Baked pasta with mediterranean vegetables</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 Lentils, Red Peppers, Yellow Peppers</p> <p>G</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>G</p> | <p>Smoked paprika butter beans with a zesty tomato sauce served with basmati rice</p> <p>Balsamic Vinegar, Basil, Basmati Rice, Butter Beans, Carrot, Chopped Tomatoes, Courgettes, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Peppers, Smoked Paprika, Sunflower Oil, Thyme, Tomato Paste</p> |
| Dessert | <p>Date and apple flapjacks</p> <p>Apple, Brown Sugar, Dairy Free Margarine, Date, Golden Syrup, Porridge Oats</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> | <p>Soya yoghurt</p> <p>Soy Beans</p> <p>SB</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>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