

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Chicken nuggets with sweetcorn and jacket potatoes</p> <p><b>Ingredients:</b>, Jacket Potatoes, <b>Chicken Nuggets (Contains: Gluten), Chicken, Wheat Flour, Sunflower Oil, Potato Starch, Yeast, Sweetcorn</b></p> <p><b>G</b></p>	<p>Oriental chicken with wrap and fresh raw veggies</p> <p><b>Ingredients:</b>, <b>Wrap (Contains Wheat, Gluten),</b> Chicken Breast, Lettuce, Cucumber, Sweetcorn, Paprika, Garlic, Parsley, Basil, Turmeric</p> <p><b>G</b></p>	<p>Lentil veggie pasta with red pesto DF</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten),</b> Tomatoes, Lentils, Carrots, Onion, Spinach, <b>Celery,</b> Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley</p> <p><b>G C</b></p>	<p>Gluten free Cauliflower and Broccoli Tots with carrots and potatoes</p> <p><b>Ingredients:</b>, Potatoes, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Carrots</p>	<p>Rosemary chicken with mixed veggies and garlic bread</p> <p><b>Ingredients:</b>, <b>Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast,</b> Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika</p> <p><b>G</b></p>
Dessert	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Apple and apricot flapjacks</p> <p><b>Ingredients:</b>, <b>Porridge Oats (Contains Oat &amp; Gluten),</b> Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar</p> <p><b>G</b></p>	<p>Apple crumble</p> <p><b>Ingredients:</b>, Wheat Flour (Contains Gluten), <b>Breadcrumbs (Contains: Gluten),</b> Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon</p> <p><b>G</b></p>	<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>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