

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Cod fish fingers with garden peas served with sautéed potatoes</p> <p>Cod Fillet Fish Fingers (Contains: Gluten, Fish), Garden Peas, Sauteed Potatoes</p> <p>G F</p>	<p>Roasted vegetable pasta bake</p> <p>Chopped Tomatoes, Courgettes, Diced Carrots, Egg Free Fusilli (Contains Gluten), Garlic Puree, Gluten Free Low Salt Vegetable Stock, Green Peppers, Onion, Red Lentils, Red Peppers, Yellow Peppers</p>	<p>Roast chicken chunks with a sweet carrot sauce garden peas served with egg free noodles</p> <p>Basil, Carrot, Chicken Breast, Chopped Tomatoes, Egg Free Noodles (Contains Gluten), Garden Peas, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Onion, Salt, Spinach, Sunflower Oil</p> <p>G</p>	<p>Beef cottage pie with potatoes</p> <p>Beef Mince, Carrot, Celery, Chopped Tomatoes, Gluten Free Low Salt Vegetable Stock, Green Lentils, Ground Black Pepper, Mixed Herbs - Dried, Onion, Plain Flour, Salt, Sauteed Potatoes, Smoked Paprika, Sunflower Oil, Thyme, Tomato Paste</p> <p>C</p>	<p>Coriander chicken curry with carrots Served with basmati rice</p> <p>Apple, Basmati Rice, Carrot, Chicken Breast, Coconut Milk, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Korma Curry Paste, Mango Chutney, Onion, Sunflower Oil, Sweetcorn, Tomato Puree</p>
Dessert	<p>Oat and raisin slice</p> <p>Brown Sugar, Dairy Free Margarine, Honey, Oat Flakes (Contains Oat & Gluten), Raisins</p> <p>G</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>	<p>Mixed fruit crumble</p> <p>Apple, Brown Sugar, Cinnamon, Demerara Sugar, Peach, Pear, Salt, Sugar, Water, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Soya yoghurt</p> <p>Soy Beans</p> <p>SB</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