

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Fruity vegetable curry with chick peas served with basmati rice</p> <p>Basmati Rice, Carrots, Chick Peas, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Salt, Sunflower Oil, Sweetcorn, Tomato Puree</p>	<p>Cannellini beans in a mango sauce with carrots and sweetcorn served with couscous</p> <p>Cannellini Beans, Carrots, Cous Cous (Durum Wheat Semolina - Contains Gluten), Garlic, Ginger, Lemon Juice, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Mixed Peppers, Salt, Sunflower Oil, Sweetcorn, Vinegar</p> <p>G</p>	<p>Hungarian bean goulash with parsnips Served with roasted potatoes</p> <p>Butter Beans, Carrots, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Peppers, Onion, Paprika, Parsnips, Potatoes, Salt, Smoked Paprika, Pinch Of Sugar, Sunflower Oil, Thyme, Tomato Puree</p>	<p>Vegetarian sweet and sour with red lentils, peppers served with basmati rice</p> <p>Apricot Sulphur Dioxide, Basmati Rice, Carrots, Chopped Tomatoes, Curry Powder (Contains Mustard), Garam Masala, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Red Lentils, Sunflower Oil, Vinegar</p> <p>SD</p>	<p>Vegetarian bolognaise with garden peas served with penne pasta</p> <p>Black Pepper, Carrots, Chopped Tomatoes, Egg Free Penne (Durum Wheat Semolina - Contains Gluten), Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Leeks, Mixed Peppers, Onion, Oregano, Sunflower Oil, Tomato Puree</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

Dessert	<p>Oat and raisin slice</p> <p>Pinch Of Brown Sugar, Dairy Free Margarine, Honey, Oat Flakes (Contains Oat & Gluten), Raisins</p> <p>G</p>	<p>Fruit compote</p> <p>Ingredients:, Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar</p>	<p>Fresh oranges</p> <p>Ingredients:, Oranges</p>	<p>Cranberry flapjacks with rice crispies</p> <p>Apple, Pinch Of Brown Sugar, Cranberry, Dairy Free Margarine, Golden Syrup, Porridge Oats (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt - Contains Barley)</p> <p>G</p>	<p>Vegan, soya free cake</p> <p>Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> <p>G</p>
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