

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Veggie nuggets with sweetcorn and jacket potatoes</p> <p>Ingredients:, Jacket Potatoes, Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Sunflower Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric), Sweetcorn</p> <p>G</p>	<p>Oriental chickpea with wrap and fresh raw veggies</p> <p>Ingredients:, Wrap (Contains Wheat, Gluten), Chick Peas, Lettuce, Cucumber, Sweetcorn, Paprika, Garlic, Parsley, Basil, Turmeric</p> <p>G</p>	<p>Lentil veggie pasta with red pesto DF</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Tomatoes, Lentils, Carrots, Onion, Spinach, Celery, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley</p> <p>G C</p>	<p>Gluten free Cauliflower and Broccoli Tots with carrots and potatoes</p> <p>Ingredients:, 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>Gluten free Cauliflower and Broccoli Tots with garlic bread and mixed veggies</p> <p>Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Garlic, Paprika, Ground Black Pepper, Rosemary</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

Fresh fruit

Ingredients:, Fresh Fruit

Apple and apricot flapjacks

Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar



Apple crumble

Ingredients:, Wheat Flour (Contains Gluten), **Breadcrumbs (Contains: Gluten)**, Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon



Vegan, soya free cake

Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



Fresh fruit

Ingredients:, Fresh Fruit

Allergens Key



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur Dioxide