

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Roasted Chickpea, fresh raw vegetables, herby coconut dip with a gluten free wrap.</p> <p><b>Ingredients:</b>, Gluten Free Wrap (Corn, Water, Salt), Chick Peas, Cucumber, Carrots, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Garlic, Parsley, Black Pepper, Dill</p>	<p>Veggie Chow Mein with lentils, peas and gluten free pasta</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), Carrots, Garden Peas, Sweetcorn, Tomatoes, Onion, Olive Oil, Plum Sauce, Lentils, Black Pepper, Garlic</p>	<p>Balti beans with rice</p> <p><b>Ingredients:</b>, Basmati Rice, Tomatoes, Onion, Spinach, Beans, Olive Oil, Ginger, Garam Masala, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, <b>Curry Powder (Contains Mustard)</b>, Turmeric</p> <p><b>M</b></p>	<p>Veggie Pot Pie</p> <p><b>Ingredients:</b>, Potatoes, Grated Carrots, Sweetcorn, Onion, <b>Celery</b>, Beans, Lentils, Tomato Paste, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Cumin, Black Pepper</p> <p><b>C</b></p>	<p>Lentil pasta bake with sweetcorn</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Tomato Paste, Carrots, Lentils, Sweetcorn, Onion, Olive Oil, <b>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite)</b>, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning</p> <p><b>SD</b></p>
<b>Dessert</b>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fresh banana</p> <p><b>Ingredients:</b>, Banana</p>	<p>Fruit compote</p> <p><b>Ingredients:</b>, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</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

**Allergens Key**

 <b>D</b> Dairy	 <b>E</b> Eggs	 <b>SB</b> Soy Beans	 <b>M</b> Mustard	 <b>L</b> Lupin	 <b>C</b> Crustaceans	 <b>P</b> Peanuts
 <b>G</b> Gluten	 <b>F</b> Fish	 <b>N</b> Nuts	 <b>SS</b> Sesame Seeds	 <b>M</b> Mollusc	 <b>C</b> Celery	 <b>SD</b> Sulphur Dioxide