


	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Italian lentil ragu served with basmati rice</p> <p>Basmati Rice, Carrots, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Peppers, Ground Black Pepper, Olive Oil, Onion, Oregano, Red Lentils, Red Peppers, Thyme, Tomato Puree, Yellow Peppers</p>	<p>Green lentils with broccoli and pea pesto and gluten free pasta</p> <p>Broccoli, Garlic, Gluten Free Pasta (Cornflour, Rice Flour), Green Lentils, Ground Black Pepper, Onion, Parsley, Salt, Sunflower Oil, Turmeric</p>	<p>Vegetarian pasta bake with sweetcorn and chickpeas</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Tomato Paste, Carrots, Chick Peas, Sweetcorn, Onion, Sunflower Oil, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning</p> <p>SD</p>	<p>Tikka masala with beans served with basmati rice</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Carrots, Beans, Onion, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, 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, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger</p>	<p>Creamy vegetable stew with butter beans, mixed peppers and mushroom served with roasted potatoes</p> <p>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Butter Beans, Carrots, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Peppers, Onion, Paprika, Potatoes, Sunflower Oil, Tomato Puree</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	Gluten & soya free Vegan cake	Fresh fruit	Gluten & soya free Vegan cake	Fresh fruit	Cinnamon and vanilla forest fruit compote
	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Ingredients: , Fresh Fruit	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Ingredients: , Seasonal Fresh Fruit Pieces	Ingredients: , Apple, Peach, Pear, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon


Allergens Key


-  Dairy



 Eggs


 Soy Beans


 Mustard


 Lupin


 Crustaceans


 Peanuts
-  Gluten


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 Nuts

 Sesame Seeds

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