

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

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