

|                | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|----------------|---|--|--|--|---|
| <b>Main</b>    | <p>Veggie burger with sweetcorn and Jacket potatoes</p> <p><b>Ingredients:</b>, Jacket Potatoes, <b>Vegetable Burger (Wheat Flour, Carrot, Peas, Sweetcorn, Onion, Pepper, Vegetable Oil, Potato, Beans, Leek, Cauliflower, Garlic, Tomato, Parsley, Sage, White Pepper, Black Pepper)</b>, Sweetcorn</p> <p><b>G</b></p> | <p>Chickpea and cauliflower couscous salad</p> <p><b>Ingredients:</b>, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, Carrots, Cauliflower, Sweetcorn, Chick Peas, Olive Oil, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil</p> <p><b>G</b></p> | <p>Lentil pasta salad</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Mixed Peppers, Carrots, Sweetcorn, Onion, Lentils, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper</p> <p><b>G</b></p> | <p>Gluten free Cauliflower and Broccoli Tots with garlic bread and mixed veggies</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, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt)</p> <p><b>G</b></p> | <p>Paprika chickpea and green beans with baby new potato salad</p> <p><b>Ingredients:</b>, Potatoes, Chick Peas, Green Beans, Olive Oil, Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin</p>                       |
| <b>Dessert</b> | <p>Chocolate and pineapple cake</p> <p><b>Ingredients:</b>, <b>Wheat Flour (With Calcium, Iron, Niacin, Thiamin)</b>, <b>Soya Flour</b>, Pineapple, <b>Butter (Contains: Milk)</b>, Vegetable Oil, Egg, Pinch Of Sugar, Cinnamon, Cocoa Powder</p> <p><b>G E SB D</b></p>   | <p>Fruit compote</p> <p><b>Ingredients:</b>, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>  | <p>Lemon yoghurt</p> <p><b>Ingredients:</b>, <b>Natural Yoghurt (Contains Milk)</b>, Lemon, Pinch Of Sugar</p> <p><b>D</b></p>   | <p>Vanilla Rice Pudding</p> <p>Pudding Rice, <b>Milk</b>, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar</p> <p><b>D</b></p>  | <p>Apple and cherry cake</p> <p><b>Ingredients:</b>, <b>Wheat Flour (With Calcium, Iron, Niacin, Thiamin)</b>, <b>Soya Flour</b>, Apple, Cherry, <b>Butter (Contains: Milk)</b>, Egg, Pinch Of Sugar, Cinnamon</p> <p><b>G E SB D</b></p> |

## Allergens Key

**D** Dairy   **E** Eggs   **SB** Soy Beans   **M** Mustard  
**G** Gluten   **F** Fish   **N** Nuts   **SS** Sesame Seeds

**L** Lupin   **C** Crustaceans   **P** Peanuts  
**M** Mollusc   **C** Celery   **SD** Sulphur Dioxide

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