

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Veggie burger with sweetcorn and Jacket potatoes</p> <p>Ingredients:, Jacket Potatoes, Vegetable Burger (Wheat Flour, Carrot, Peas, Sweetcorn, Onion, Pepper, Vegetable Oil, Potato, Beans, Leek, Cauliflower, Garlic, Tomato, Parsley, Sage, White Pepper, Black Pepper), Sweetcorn</p> <p>G</p>	<p>Chickpea and cauliflower couscous salad</p> <p>Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Cauliflower, Sweetcorn, Chick Peas, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil</p> <p>G</p>	<p>Lentil pasta salad</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), 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>G</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>	<p>Paprika chickpea and green beans with baby new potato salad</p> <p>Ingredients:, Potatoes, Chick Peas, Green Beans, Olive Oil, Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin</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

Chocolate and pineapple cake

Ingredients:, Wheat Flour (Contains Gluten), **Soya Flour**, Pineapple, **Butter (Contains: Milk)**, Vegetable Oil, Egg, Pinch Of Sugar, Cinnamon, Cocoa Powder



Fruit compote

Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

Lemon yoghurt

Ingredients:, **Natural Yoghurt (Contains Milk)**, Lemon, Pinch Of Sugar



Vanilla Rice Pudding

Pudding Rice, **Milk**, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar



Apple and cherry cake

Ingredients:, Wheat Flour (Contains Gluten), **Soya Flour**, Apple, Cherry, **Butter (Contains: Milk)**, Egg, Pinch Of Sugar, Cinnamon



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