

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Roasted Chicken strips, mixed veggies, herby coconut dip with a tortilla wrap.</p> <p>Ingredients:, Wrap (Contains Wheat, Gluten), Chicken Breast, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Garlic, Parsley, Black Pepper, Dill</p> <p>G</p>	<p>Beef Chow Mein with peas and noodles</p> <p>Ingredients:, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Carrots, Garden Peas, Sweetcorn, Tomatoes, Onion, Olive Oil, Plum Sauce, Beef Mince, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Black Pepper, Garlic</p> <p>G SB</p>	<p>Balti chicken with rice</p> <p>Ingredients:, Basmati Rice, Tomatoes, Onion, Spinach, Chicken Breast, Olive Oil, Ginger, Garam Masala, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Curry Powder (Contains Mustard), Turmeric</p> <p>M</p>	<p>Chicken Pot Pie</p> <p>Ingredients:, Potatoes, Grated Carrots, Sweetcorn, Onion, Celery, Beans, Chicken Breast, 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>C</p>	<p>Tuna pasta bake with sweetcorn</p> <p>Ingredients:, Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten), Chopped Tomatoes, Tomato Paste, Carrots, Tuna Chunks (Contains Fish), Sweetcorn, Onion, Olive 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>G F SD</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

Fruit compote

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

Vegan, soya free cake

Ingredients:, **Wheat Flour
(With Calcium, Iron, Niacin,
Thiamin)**, Apple, Peach,
Pear, Dairy Free Margarine,
Pinch Of Brown Sugar, Gluten
Free Baking Powder,
Bicarbonate Of Soda,
Cinnamon



Apple and lemon compote

Ingredients:, Apple, Lemon,
Vanilla, Cinnamon

Chocolate and cinnamon
flapjacks

Ingredients:, **Porridge Oats
(Contains Oat & Gluten)**,
Apple, Dairy Free Margarine,
Golden Syrup, Pinch Of
Brown Sugar, Cocoa Powder,
Cinnamon



Vegan, soya free cake

Ingredients:, **Wheat Flour
(With Calcium, Iron, Niacin,
Thiamin)**, Apple, Peach,
Pear, Dairy Free Margarine,
Pinch Of Brown Sugar, Gluten
Free Baking Powder,
Bicarbonate Of Soda,
Cinnamon



Allergens Key

- Dairy
- Eggs
- Soy Beans
- Mustard
- Lupin
- Crustaceans
- Peanuts
- Gluten
- Fish
- Nuts
- Sesame Seeds
- Mollusc
- Celery
- Sulphur Dioxide