

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Gluten free fish fingers with sweetcorn and Jacket potatoes</p> <p><b>Ingredients:</b>, Jacket Potatoes, <b>Gluten Free Fish Fingers (Contains Fish)</b>, Sweetcorn</p> <p><b>F</b></p>	<p>Chickpea and cauliflower rice salad GF</p> <p><b>Ingredients:</b>, Basmati Rice, Carrots, Cauliflower, Sweetcorn, Chick Peas, Olive Oil, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil</p>	<p>Chicken pasta salad</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), Mixed Peppers, Carrots, Sweetcorn, Onion, Chicken Breast, 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>Cumin chicken with potatoes and mixed veggies</p> <p><b>Ingredients:</b>, Potatoes, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Olive Oil, Garlic, Cumin, Coriander, Paprika, Ground Black Pepper, Dill, Parsley, Basil</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>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</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>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</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