

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Roasted Chickpea, mixed veggies, herby yoghurt dip with a gluten free wrap.</p> <p>Ingredients:, Gluten Free Wrap (Corn, Water, Salt), Chick Peas, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Natural Yoghurt (Contains Milk), Garlic, Parsley, Black Pepper, Dill</p> <p>D</p>	<p>Veggie Chow Mein with lentils, peas and gluten free pasta</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Carrots, Garden Peas, Sweetcorn, Tomatoes, Onion, Olive Oil, Plum Sauce, Lentils, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Black Pepper, Garlic</p> <p>SB</p>	<p>Balti beans with rice</p> <p>Ingredients:, Basmati Rice, Tomatoes, Onion, Spinach, Beans, 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>Veggie Pot Pie</p> <p>Ingredients:, Potatoes, Grated Carrots, Sweetcorn, Onion, Celery, Beans, 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>Lentil pasta bake with sweetcorn</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Tomato Paste, Carrots, Lentils, Sweetcorn, Onion, Grated Cheddar Cheese (Contains Milk), 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>D SD</p>
Dessert	<p>Fruit compote</p> <p>Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Apple and lemon compote</p> <p>Ingredients:, Apple, Lemon, Vanilla, Cinnamon</p>	<p>Fruit compote</p> <p>Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, 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

Allergens Key

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