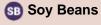


	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Mediterranean vegetable and lentil stew with herby couscous Carrots, Chick Peas, Cinnamon, Courgettes, Cous Cous (Contains Gluten), Cumin, Gluten Free Low Salt Vegetable Stock, Mixed Herbs, Onion, Potatoes, Red Lentils, Sunflower Oil, Tomato Paste	Cannellini beans with broccoli and pea pesto and egg free noodles Broccoli, Cannellini Beans, Egg Free Noodles (Contains Gluten), Garden Peas, Garlic, Ground Black Pepper, Mixed Herbs, Onion, Parsley, Salt, Sunflower Oil, Turmeric	Vegetarian pasta bake with sweetcorn Carrots, Chopped Tomatoes, Egg Free Fusilli (Contains Gluten), Gluten Free Low Salt Vegetable Stock, Grated Cheddar Cheese (Contains Milk), Mixed Herbs, Onion, Peppers, Raw Veggies, Red Lentils, Sunflower Oil, Sweetcorn	Butter beans in a mango sauce with diced carrots and basmati rice Basmati Rice, Butter Beans, Garlic, Ginger, Ground Black Pepper, Lemon Juice, Mango Sauce, Mixed Herbs, Mixed Peppers, Onions, Salt, Sunflower Oil, Sweetcorn, Vinegar	Italian ragu with mixed beans in a rich tomato sauce with hidden vegetables and baby new potatoes and fresh raw veggies Butter Beans, Cannellini Beans, Carrots, Courgettes, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Italian Seasoning, Mix Herbs, Mixed Peppers, Onion, Parsley, Potato, Sunflower Oil, Tomato Paste, Turmeric
Dessert	Marble Cake Butter (Contains: Milk), Chocolate, Egg, Gluten Free Baking Powder, Milk, Soya Flour, Sugar, Vanilla, Wheat Flour (Contains Gluten) G	Fruit yoghurt Fruit Pureed, Low Fat Yoghurt (Contains Milk), Sugar	Fresh oranges sliced Oranges	Nut free granola with natural yoghurt Brown Sugar, Butter, Honey, Natural Yoghurt, Porridge Oats G ①	Forest fruit cake Blackberries, Blackcurrants, Brown Sugar, Butter (Contains: Milk), Egg, Milk, Raspberries, Redcurrants, Soya Flour, Strawberries, Sugar, Wheat Flour (Contains Gluten)
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