

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Roasted Chickpea, fresh raw vegetables, herby yoghurt dip with a tortilla wrap.</p> <p><b>Ingredients:</b>, <b>Wrap (Contains Wheat, Gluten)</b>, Chick Peas, Cucumber, Carrots, <b>Natural Yoghurt (Contains Milk)</b>, Garlic, Parsley, Black Pepper, Dill</p> <p><b>G</b> <b>D</b></p>	<p>Veggie Chow Mein with lentils, peas and noodles</p> <p><b>Ingredients:</b>, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Carrots, Garden Peas, Sweetcorn, Tomatoes, Onion, Olive Oil, Plum Sauce, Lentils, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b>, Black Pepper, Garlic</p> <p><b>G</b> <b>SB</b></p>	<p>Balti beans with rice</p> <p><b>Ingredients:</b>, 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, <b>Curry Powder (Contains Mustard)</b>, Turmeric</p> <p><b>M</b></p>	<p>Veggie Pot Pie</p> <p><b>Ingredients:</b>, Potatoes, Grated Carrots, Sweetcorn, Onion, <b>Celery</b>, 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><b>C</b></p>	<p>Lentil pasta bake with sweetcorn</p> <p><b>Ingredients:</b>, <b>Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten)</b>, Chopped Tomatoes, Tomato Paste, Carrots, Lentils, Sweetcorn, Onion, <b>Grated Cheddar Cheese (Contains Milk)</b>, Olive Oil, <b>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite)</b>, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning</p> <p><b>G</b> <b>D</b> <b>SD</b></p>

## Allergens Key

**D** Dairy    **E** Eggs    **SB** Soy Beans    **M** Mustard    **G** Gluten    **F** Fish    **N** Nuts    **SS** Sesame Seeds

**L** Lupin    **C** Crustaceans    **P** Peanuts    **M** Mollusc    **C** Celery    **SD** Sulphur Dioxide

Dessert

Cherry yoghurt

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



Apple and Peach  
Chocolate cake

Ingredients:, Wheat Flour  
(With Calcium, Iron, Niacin,  
Thiamin), Soya Flour, Apple,  
Peach, Egg, Milk, Pinch Of  
Brown Sugar, Cocoa Powder,  
Gluten Free Baking Powder



Fresh banana

Ingredients:, Banana

Chocolate and cinnamon  
flapjacks

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



Blueberry Muffins

Ingredients:, Wheat Flour  
(With Calcium, Iron, Niacin,  
Thiamin), Soya Flour,  
Blueberry, Butter (Contains:  
Milk), Milk, Egg, Pinch Of  
Brown Sugar, Gluten Free  
Baking Powder



Allergens Key

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