

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Mediterranean vegetable and lentil stew with herby couscous</p> <p>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</p> <p>G</p>	<p>Cannellini beans with broccoli and pea pesto and egg free noodles</p> <p>Broccoli, Cannellini Beans, Egg Free Noodles (Contains Gluten), Garden Peas, Garlic, Ground Black Pepper, Mixed Herbs, Onion, Parsley, Salt, Sunflower Oil, Turmeric</p> <p>G</p>	<p>Vegetarian pasta bake with sweetcorn</p> <p>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</p> <p>G D</p>	<p>Butter beans in a mango sauce with diced carrots and basmati rice</p> <p>Basmati Rice, Butter Beans, Garlic, Ginger, Ground Black Pepper, Lemon Juice, Mango Sauce, Mixed Herbs, Mixed Peppers, Onions, Salt, Sunflower Oil, Sweetcorn, Vinegar</p>	<p>Italian ragu with mixed beans in a rich tomato sauce with hidden vegetables and baby new potatoes and fresh raw veggies</p> <p>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</p>
Dessert	<p>Marble Cake</p> <p>Butter (Contains: Milk), Chocolate, Egg, Gluten Free Baking Powder, Milk, Soya Flour, Sugar, Vanilla, Wheat Flour (Contains Gluten)</p> <p>G E SB D</p>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Low Fat Yoghurt (Contains Milk), Sugar</p> <p>D</p>	<p>Fresh oranges sliced</p> <p>Oranges</p>	<p>Nut free granola with natural yoghurt</p> <p>Brown Sugar, Butter, Honey, Natural Yoghurt, Porridge Oats</p> <p>G D</p>	<p>Forest fruit cake</p> <p>Blackberries, Blackcurrants, Brown Sugar, Butter (Contains: Milk), Egg, Milk, Raspberries, Redcurrants, Soya Flour, Strawberries, Sugar, Wheat Flour (Contains Gluten)</p> <p>G E SB D</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