

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Roasted Chicken strips, mixed veggies, herby coconut dip with a tortilla wrap.</p> <p><b>Ingredients:</b>, <b>Wrap (Contains Wheat, Gluten)</b>, Chicken Breast, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Garlic, Parsley, Black Pepper, Dill</p> <p><b>G</b></p>	<p>Beef Chow Mein with 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, Beef Mince, Black Pepper, Garlic</p> <p><b>G</b></p>	<p>Balti chicken with rice</p> <p><b>Ingredients:</b>, Basmati Rice, Tomatoes, Onion, Spinach, Chicken Breast, 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>Chicken Pot Pie</p> <p><b>Ingredients:</b>, Potatoes, Grated Carrots, Sweetcorn, Onion, <b>Celery</b>, Beans, Chicken Breast, 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>Tuna pasta bake with sweetcorn</p> <p><b>Ingredients:</b>, <b>Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten)</b>, Chopped Tomatoes, Tomato Paste, Carrots, <b>Tuna Chunks (Contains Fish)</b>, Sweetcorn, Onion, 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 F SD</b></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

Dessert	Fruit compote	Vegan, soya free cake	Apple and lemon compote	Fruit compote	Vegan, soya free cake
	<b>Ingredients:</b> , Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	<b>Ingredients:</b> , <b>Wheat Flour (With Calcium, Iron, Niacin, Thiamin)</b> , Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	<b>Ingredients:</b> , Apple, Lemon, Vanilla, Cinnamon	<b>Ingredients:</b> , Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	<b>Ingredients:</b> , <b>Wheat Flour (With Calcium, Iron, Niacin, Thiamin)</b> , Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon
		G			G

Allergens Key

- D

Dairy
- E

Eggs
- SB

Soy Beans
- M

Mustard
- SS

Sesame Seeds

G

Gluten

F

Fish

N

Nuts

L

Lupin

C

Crustaceans

P

Peanuts

SD

Sulphur Dioxide