

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Roasted Chickpea, mixed veggies, herby yoghurt dip with a gluten free wrap.</p> <p><b>Ingredients:</b>, Gluten Free Wrap (Corn, Water, Salt), Chick Peas, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, <b>Natural Yoghurt (Contains Milk)</b>, Garlic, Parsley, Black Pepper, Dill</p> <p><b>D</b></p>	<p>Veggie Chow Mein with lentils, peas and gluten free pasta</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), 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>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>, Gluten Free Pasta (Cornflour, Rice Flour), 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>D SD</b></p>
<b>Dessert</b>	<p>Fruit compote</p> <p><b>Ingredients:</b>, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, 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><b>Ingredients:</b>, Apple, Lemon, Vanilla, Cinnamon</p>	<p>Fruit compote</p> <p><b>Ingredients:</b>, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, 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