

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



Vegan, soya free cake

Ingredients:, Wheat Flour
(With Calcium, Iron, Niacin,
Thiamin), Apple, Peach,
Pear, Dairy Free Margarine,
Pinch Of Brown Sugar, Gluten
Free Baking Powder,
Bicarbonate Of Soda,
Cinnamon



Apple and lemon compote

Ingredients:, Apple, Lemon,
Vanilla, Cinnamon

Chocolate and cinnamon
flapjacks

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



Vegan, soya free cake

Ingredients:, Wheat Flour
(With Calcium, Iron, Niacin,
Thiamin), Apple, Peach,
Pear, Dairy Free Margarine,
Pinch Of Brown Sugar, Gluten
Free Baking Powder,
Bicarbonate Of Soda,
Cinnamon



Allergens Key

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