

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Italian lentil ragu served with basmati rice</p> <p>Basmati Rice, Carrots, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Peppers, Ground Black Pepper, Olive Oil, Onion, Oregano, Red Lentils, Red Peppers, Thyme, Tomato Puree, Yellow Peppers</p>	<p>Roast chicken bites with a broccoli and pea pesto Served with egg free noodles</p> <p>Broccoli, Chicken Breast, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Garden Peas, Garlic, Ground Black Pepper, Onion, Parsley, Salt, Sunflower Oil</p> <p>G</p>	<p>Tuna pasta bake with sweetcorn</p> <p>Ingredients:, Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten), Chopped Tomatoes, Tomato Paste, Carrots, Tuna Chunks (Contains Fish), Sweetcorn, Onion, Sunflower 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 F SD</p>	<p>Chicken tikka masala served with basmati rice</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Carrots, Chicken Breast, Onion, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger</p>	<p>Creamy beef stew with mixed peppers and mushroom, served with roasted potatoes</p> <p>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Carrots, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Diced Beef, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Peppers, Onion, Paprika, Potatoes, Sunflower Oil, Tomato Puree</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

Vegan, soya free cake

Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



Fruit compote

Ingredients:, Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar

Apple and raisin flapjacks

Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, **Porridge Oats** (Contains Oat & Gluten)



Fresh fruit

Ingredients:, Seasonal Fresh Fruit Pieces

Cinnamon and vanilla forest fruit compote

Ingredients:, Apple, Peach, Pear, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

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