

	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>Roast chicken with broccoli and pea pesto with egg free noodles</p> <p>Broccoli, Chicken Breast, Egg Free Noodles (Contains Gluten), Ground Black Pepper, Gluten Free Low Salt Vegetable Stock, Mix Herbs, Onion, Parsley, Peas, Sunflower Oil</p> <p>G</p>	<p>Tuna pasta bake with sweetcorn</p> <p>Carrots, Chopped Tomatoes, Egg Free Fusilli (Contains Gluten), Gluten Free Low Salt Vegetable Stock, Mixed Herbs, Onion, Peppers, Raw Veggies, Sunflower Oil, Sweetcorn, Tuna Chunks (Contains Fish)</p> <p>G F</p>	<p>Mango chicken with diced carrots and basmati rice</p> <p>Basmati Rice, Chicken Breast, Garlic, Ginger, Lemon Juice, Mango Sauce, Mixed Herbs, Mixed Peppers, Onions, Salt, Sunflower Oil, Sweetcorn, Vinegar</p>	<p>Italian beef ragu in a rich tomato sauce with hidden vegetables and baby new potatoes and fresh raw veggies</p> <p>Beef Mince, 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>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Soya yoghurt RV</p> <p>Soya Beans</p> <p>SB</p>	<p>Fresh oranges sliced</p> <p>Oranges</p>	<p>Nut free granola with coconut milk</p> <p>Brown Sugar, Butter, Coconut Milk, Honey, Porridge Oats</p> <p>G</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</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