

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Roasted Chickpea, mixed veggies, herby coconut dip with a tortilla wrap.</p> <p>Ingredients:, Wrap (Contains Wheat, Gluten), Chick Peas, 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>G</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, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Black Pepper, Garlic</p> <p>G SB</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, 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 SD</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

Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, 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



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



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- Dairy
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- Gluten
- Fish
- Nuts
- Sesame Seeds
- Mollusc
- Celery
- Sulphur Dioxide