

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Ratatouille with chickpeas and parsley rice</p> <p>Ingredients:, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Olive Oil, Basil, Parsley, Thyme, Ground Black Pepper, Garlic</p>	<p>Hungarian beef paprika sauce and mash</p> <p>Ingredients:, Potatoes, Stewpack (Onion, Carrots, Turnip, Swede, Celery), Carrots, Onion, Beef Mince, Single Cream (Contains Milk), Butter (Contains: Milk), Tomato Puree, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper</p> <p>D C</p>	<p>Hoisin Chicken with rice</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Chicken Breast, Olive Oil, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</p> <p>SB</p>	<p>Sweet and sour Asian chicken with noodles</p> <p>Ingredients:, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Garlic</p> <p>G SB</p>	<p>Tuna pasta salad with sweetcorn and peppers</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Sweetcorn, Peppers, Tuna Chunks (Contains Fish), Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper</p> <p>G F</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

Blackcurrant and apple
cake

Ingredients:, Wheat Flour
(With Calcium, Iron, Niacin,
Thiamin), Soya Flour, Apple,
Blackcurrants, **Butter**
(Contains: Milk), Egg, Pinch
Of Sugar, Cinnamon



Chocolate Muffins

Ingredients:, Wheat Flour
(With Calcium, Iron, Niacin,
Thiamin), Soya Flour,
Chocolate Chips, **Butter**
(Contains: Milk), Egg, Pinch
Of Sugar, Bicarbonate Of
Soda



Apple and peach compote

Ingredients:, Apple, Peach,
Vanilla Flavouring, Cinnamon

Peach Krispie Bite

Ingredients:, Oat Flakes
(Contains Oat & Gluten),
Rice Krispies (Rice, Sugar,
Barley Extract, Salt), Peach,
Dairy Free Margarine, Golden
Syrup



Strawberry yoghurt

Ingredients:, Natural
Yoghurt (Contains Milk),
Strawberry Puree, Pinch Of
Sugar



Allergens Key



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur
Dioxide