

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Vegetarian burgers with seasonal mixed vegetables and baby new jacket potatoes</p> <p>Baby Jacket Potatoes, Broad Beans, Carrots, Garden Peas, Sweetcorn, Vegetable Quarter Pounders (Contains: Gluten)</p> <p><b>G</b></p>	<p>Sweet and sour lentils with mixed peppers, chunky pineapple and basmati rice</p> <p>Basmati Rice, Garlic, Gluten Free Low Salt Vegetable Stock, Lemon Juice, Lentils, Mixed Herbs, Mixed Peppers, Onion, Oregano, Paprika, Pineapple, Sugar</p>	<p>Bean Moussaka with fresh raw veggies</p> <p>Aubergine, Butter Beans, Cannellini Beans, Carrot, Chopped Tomatoes, Cumin, Garlic, Onion, Paprika, Peppers, Potatoes, Raw Veggies, Salt, Sugar, Sunflower Oil, Thyme</p>	<p>Vegetarian stew and mushrooms with creamy mash potato and side of fresh raw vegetables</p> <p>Bay Leaves, Butter Beans, Carrots, Celery, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Mixed Herbs, Mushrooms, Onion, Paprika, Potato, Potatoes, Raw Veggies, Swedes, Thyme, Turnips, Vegetable Oils</p> <p><b>C</b></p>	<p>Stir fry veggie noodles with red lentils</p> <p>Aubergines, Broccoli, Carrot, Coconut Milk, Courgettes, Egg Free Noodles (Contains Gluten), Green Peppers, Mixed Herbs, Olive Oil, Onion, Red Lentils, Red Peppers, Salt, Sweetcorn, Yellow Peppers</p> <p><b>G</b></p>
Dessert	<p>Vegan, soya free flapjacks</p> <p>Apple, Brown Sugar, Dairy Free Sunflower Spread, Golden Syrup, Peach, Porridge Oats, Sugar</p> <p><b>G</b></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><b>G</b></p>	<p>Soya yoghurt</p> <p>Flavouring, Soya Beans</p> <p><b>SB</b></p>	<p>Mixed fruit crumble</p> <p>Apple, Brown Sugar, Cinnamon, Demerara Sugar, Peach, Pear, Salt, Sugar, Water, Wheat Flour (Contains Gluten)</p> <p><b>G</b></p>	<p>Fresh fruit</p> <p>Fresh Fruit</p>

### Allergens Key

- |                 |               |                     |                        |                  |                      |                           |
|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| <b>D</b> Dairy  | <b>E</b> Eggs | <b>SB</b> Soy Beans | <b>M</b> Mustard       | <b>L</b> Lupin   | <b>C</b> Crustaceans | <b>P</b> Peanuts          |
| <b>G</b> Gluten | <b>F</b> Fish | <b>N</b> Nuts       | <b>SS</b> Sesame Seeds | <b>M</b> Mollusc | <b>C</b> Celery      | <b>SD</b> Sulphur Dioxide |

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