

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Gluten free Cauliflower and broccoli Tots with diced carrots and baby potatoes</p> <p><b>Ingredients:</b>, Potatoes, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Carrots, Olive Oil, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary</p>	<p>Lentil pasta salad with mixed veggies</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Cumin, Coriander, Basil</p> <p><b>G</b></p>	<p>Veggie nuggets with peas and garlic bread</p> <p><b>Ingredients:</b>, <b>Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast)</b>, <b>Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Olive Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric)</b>, Garden Peas</p> <p><b>G</b></p>	<p>Paprika chickpea couscous salad</p> <p><b>Ingredients:</b>, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, Chick Peas, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Tumeric, Basil, Parsley, Ground Black Pepper, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt)</p> <p><b>G</b></p>	<p>Vegan Sausage with baked beans and potatoes</p> <p><b>Ingredients:</b>, Potatoes, Baked Beans In Tomato Sauce, <b>Vegan Sausages (Carrot, Green Pepper, Peas, Potato, Onion, Sweetcorn, Rice, Olive Oil, Wheat Flour, Beans, Gram Flour, Salt, Yeast, Sage, Parsley, Sugar, White Pepper, Garlic)</b>, Olive Oil, Rosemary</p> <p><b>G</b></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

Dessert	Fruit compote	Vegan, soya free cake	Apple and lemon crumble	Fruit compote	Peach flapjacks
	<b>Ingredients:</b> , Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	<b>Ingredients:</b> , <b>Wheat Flour (With Calcium, Iron, Niacin, Thiamin)</b> , Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	<b>Ingredients:</b> , <b>Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Breadcrumbs (Contains: Gluten)</b> , Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	<b>Ingredients:</b> , Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	<b>Ingredients:</b> , Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, <b>Porridge Oats (Contains Oat &amp; Gluten)</b> , Pinch Of Sugar
		G	G		G

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