

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Rosemary chicken with diced carrots and baby potatoes</p> <p><b>Ingredients:</b>, Potatoes, Chicken Breast, Carrots, Olive Oil, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary</p>	<p>Lentil pasta salad with mixed veggies</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), 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>Gluten free Cauliflower and Broccoli Tots with peas and potatoes</p> <p><b>Ingredients:</b>, Potatoes, Peas, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Olive Oil, Garlic, Cumin, Coriander, Paprika, Ground Black Pepper, Rosemary</p>	<p>Paprika chickpea rice salad GF FROZEN</p> <p><b>Ingredients:</b>, Basmati Rice, 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>Gluten free fish fingers with baked beans and potatoes</p> <p>Baked Beans In Tomato Sauce, <b>Gluten Free Fish Fingers (Contains Fish)</b>, Potatoes, Olive Oil</p> <p><b>F</b></p>
<b>Dessert</b>	<p>Fruit compote</p> <p><b>Ingredients:</b>, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fruit compote</p> <p><b>Ingredients:</b>, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Fruit compote</p> <p><b>Ingredients:</b>, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</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