

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Ratatouille with chickpeas and parsley rice</p> <p><b>Ingredients:</b>, 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><b>Ingredients:</b>, Potatoes, <b>Stewpack (Onion, Carrots, Turnip, Swede, Celery)</b>, Carrots, Onion, Beef Mince, <b>Single Cream (Contains Milk)</b>, <b>Butter (Contains: Milk)</b>, 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><b>D C</b></p>	<p>Hoisin Chicken with rice</p> <p><b>Ingredients:</b>, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Chicken Breast, Olive Oil, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b></p> <p><b>SB</b></p>	<p>Sweet and sour Asian chicken with noodles</p> <p><b>Ingredients:</b>, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b>, Garlic</p> <p><b>G SB</b></p>	<p>Tuna pasta salad with sweetcorn and peppers</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Sweetcorn, Peppers, <b>Tuna Chunks (Contains Fish)</b>, Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper</p> <p><b>G F</b></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

<div>Blackcurrant and apple cake</div> <div> <div>Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Apple, Blackcurrants, Butter (Contains: Milk), Egg, Pinch Of Sugar, Cinnamon</div> <div> <div>G</div> <div>E</div> <div>SB</div> <div>D</div> </div> </div>	<div>Chocolate Muffins</div> <div> <div>Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Chocolate Chips, Butter (Contains: Milk), Egg, Pinch Of Sugar, Bicarbonate Of Soda</div> <div> <div>G</div> <div>E</div> <div>SB</div> <div>D</div> </div> </div>	<div>Apple and peach compote</div> <div> <div>Ingredients:, Apple, Peach, Vanilla Flavouring, Cinnamon</div> <div> <div>G</div> </div> </div>	<div>Peach Krispie Bite</div> <div> <div>Ingredients:, Oat Flakes (Contains Oat &amp; Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup</div> <div> <div>G</div> </div> </div>	<div>Strawberry yoghurt</div> <div> <div>Ingredients:, Natural Yoghurt (Contains Milk), Strawberry Puree, Pinch Of Sugar</div> <div> <div>D</div> </div> </div>
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