

|             | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|-------------|---|--|--|--|--|
| <b>Main</b> | <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, Sunflower 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, Sunflower 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 G</b></p> | <p>Hoisin Chicken with rice</p> <p><b>Ingredients:</b>, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Chicken Breast, Sunflower 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, Sunflower Oil, Gluten Free Flour, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b>, Garlic</p> <p><b>G SB</b></p> | <p>Lentil Red pesto with pasta</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Chopped Tomatoes, Peppers, Sweetcorn, Onion, Lentils, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Basil</p> <p><b>G</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

Blackcurrant and apple  
 cake

**Ingredients:**, Wheat Flour  
 (Contains Gluten), **Soya**  
**Flour**, Apple, Blackcurrants,  
**Butter (Contains: Milk)**, Egg,  
 Pinch Of Sugar, Cinnamon



Vanilla Rice Pudding

Pudding Rice, **Milk**, Skimmed  
 Milk Powder, Vanilla  
 Flavouring, Pinch Of Sugar



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



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