

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|---|--|---|---|
| Main | <p>Jacket potatoes with sweetcorn and cheese</p> <p>Ingredients:, Jacket Potatoes, Sweetcorn, Grated Cheddar Cheese (Contains Milk)</p> <p>D</p> | <p>Chickpea and cauliflower rice salad</p> <p>Ingredients:, Basmati Rice, Carrots, Cauliflower, Sweetcorn, Chick Peas, Olive Oil, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil</p> | <p>Chicken pasta salad</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Mixed Peppers, Carrots, Sweetcorn, Onion, Chicken Breast, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper</p> | <p>Cumin chicken with potatoes and Tzatziki dip</p> <p>Ingredients:, Potatoes, Chicken Breast, Natural Yoghurt (Contains Milk), Cucumber, Olive Oil, Garlic, Cumin, Coriander, Paprika, Ground Black Pepper, Dill, Parsley, Basil</p> <p>D</p> | <p>Paprika chickpea and green beans with baby new potato salad</p> <p>Ingredients:, Potatoes, Chick Peas, Green Beans, Olive Oil, Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin</p> |
| Dessert | <p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> | <p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</p> | <p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</p> | <p>Vanilla Rice Pudding</p> <p>Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar</p> <p>D</p> | <p>Gluten & soya free Vegan cake</p> <p>Ingredients:, 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

G Gluten
- E** Eggs

F Fish
- SB** Soy Beans

N Nuts
- M** Mustard

SS Sesame Seeds
- L** Lupin

M Mollusc
- C** Crustaceans

C Celery
- P** Peanuts

SD Sulphur Dioxide