

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free fish fingers with seasonal mixed vegetables and baby new jacket potatoes</p> <p>Baby Jacket Potatoes, Broad Beans, Carrots, Garden Peas, Gluten Free Fish Fingers (Contains Fish), Sweetcorn</p> <p>F</p>	<p>Sweet and sour chicken with mixed peppers, chunky pineapple and basmati rice</p> <p>Basmati Rice, Chicken Breast, Garlic, Lemon Juice, Lime, Gluten Free Low Salt Vegetable Stock, Mixed Herbs, Mixed Peppers, Onion, Oregano, Paprika, Pineapple, Sugar</p>	<p>Bean Moussaka with cheddar cheese topping and fresh raw veggies</p> <p>Aubergine, Butter Beans, Cannellini Beans, Carrot, Chopped Tomatoes, Cumin, Garlic, Grated Cheddar Cheese (Contains Milk), Onion, Paprika, Peppers, Potatoes, Raw Veggies, Salt, Sugar, Sunflower Oil, Thyme</p> <p>D</p>	<p>Beef stew and mushrooms with creamy mash potato and side of fresh raw vegetables</p> <p>Carrots, Celery, Chopped Tomatoes, Diced Beef, Gluten Free Low Salt Vegetable Stock, Mushrooms, Olive Oil, Onion, Parsnips, Potato, Raw Veggies, Swedes, Turnips, Vegetable Oils</p> <p>C</p>	<p>Stir fry veggie gluten free pasta</p> <p>Aubergines, Broccoli, Carrot, Coconut Milk, Courgettes, Gluten Free Pasta, Green Peppers, Mixed Herbs, Olive Oil, Onion, Red Lentils, Red Peppers, Salt, Sweetcorn, Yellow Peppers</p>
Dessert	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Vegan, gluten free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Low Fat Yoghurt (Contains Milk), Sugar</p> <p>D</p>	<p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</p>	<p>Fresh fruit</p> <p>Fresh Fruit</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