

	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>Vegetarian goulash with smoked paprika served with basmati rice</p> <p>Butter Beans, Carrots, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Olive Oil, Onion, Red Peppers, Single Cream (Contains Milk), Smoked Paprika, Thyme, Tomato Puree</p> <p>D</p>	<p>Moroccan chicken tagine with apricots and courgettes served with basmati rice</p> <p>Apricot Sulphur Dioxide, Basmati Rice, Chick Peas, Chicken Breast, Chopped Tomatoes, Cinnamon, Courgettes, Cumin, Diced Carrots, Garlic Puree, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Peppers, Mixed Herbs - Dried, Mixed Peppers, Onion, Red Peppers, Turmeric, Yellow Peppers</p> <p>SD</p>	<p>Slow cooked beef stew with mushrooms served with crunchy diced potatoes</p> <p>Chopped Tomatoes, Diced Beef, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mushrooms, Onion, Parsnips, Potatoes, Raw Veggies, Swedes, Turnips</p> <p>C</p>	<p>Chicken pasta bake in a rich tomato sauce with sweetcorn</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Carrots, Sweetcorn, Chicken Breast, Grated Cheddar Cheese (Contains Milk), Onion, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Basil, Garlic</p> <p>D SD</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

Fruit compote

Ingredients:, Apple, Peach,
Pear, Pinch Of Brown Sugar,
Vanilla Flavouring, Cinnamon

Gluten & soya free Vegan
cake

Ingredients:, Gluten Free
Flour, Apple, Peach, Pear,
Dairy Free Margarine, Pinch
Of Brown Sugar, Gluten Free
Baking Powder, Bicarbonate
Of Soda, Cinnamon

Fruit compote

Ingredients:, Apple, Peach,
Pear, Pinch Of Brown Sugar,
Vanilla Flavouring, Cinnamon


Gluten & soya free Vegan
cake


Ingredients:, Gluten Free
Flour, Apple, Peach, Pear,
Dairy Free Margarine, Pinch
Of Brown Sugar, Gluten Free
Baking Powder, Bicarbonate
Of Soda, Cinnamon


Fresh fruit


Ingredients:, Seasonal Fresh
Fruit Pieces


Allergens Key


-  Dairy



 Eggs


 Soy Beans


 Mustard


 Lupin


 Crustaceans


 Peanuts
-  Gluten


 Fish

 Nuts

 Sesame Seeds

 Mollusc

 Celery

 Sulphur
Dioxide