

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Ratatouille with chickpeas and parsley rice</p> <p>Ingredients:, 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 bean paprika sauce and mash</p> <p>Ingredients:, Potatoes, Stewpack (Onion, Carrots, Turnip, Swede, Celery), Carrots, Onion, Beans, Single Cream (Contains Milk), Butter (Contains: Milk), 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>D C</p>	<p>Hoisin with lentils and rice</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Lentils, Olive Oil, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</p> <p>SB</p>	<p>Sweet and sour Asian beans with gluten free pasta</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Garlic</p> <p>SB</p>	<p>Lentil pasta salad with sweetcorn and peppers</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Sweetcorn, Peppers, Lentils, Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper</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>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>Apple and peach compote</p> <p>Ingredients:, Apple, Peach, Vanilla Flavouring, Cinnamon</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>	<p>Strawberry yoghurt</p> <p>Ingredients:, Natural Yoghurt (Contains Milk), Strawberry Puree, Pinch Of Sugar</p> <p>D</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

Allergens Key

- | | | | | | | |
|--|--|---|--|---|---|---|
|  Dairy |  Eggs |  Soy Beans |  Mustard |  Lupin |  Crustaceans |  Peanuts |
|  Gluten |  Fish |  Nuts |  Sesame Seeds |  Mollusc |  Celery |  Sulphur Dioxide |