

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Creamy root vegetable gratin with basmati rice</p> <p><b>Ingredients:</b>, Basmati Rice, Potato, Onion, Carrots, Swedes, <b>Celery</b>, Turnips, Lentils, Sunflower Oil, Mushrooms, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Vinegar, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Flour, Bay Leaves, Garlic, Parsley, Mixed Herbs - Dried, Turmeric</p> <p><b>C</b></p>	<p>Veggie Chow Mein with lentils, peas and gluten free pasta GF</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), Carrots, Garden Peas, Sweetcorn, Tomatoes, Onion, Sunflower Oil, Plum Sauce, Lentils, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b>, Black Pepper, Garlic</p> <p><b>SB</b></p>	<p>Balti beans with rice</p> <p><b>Ingredients:</b>, Basmati Rice, Tomatoes, Onion, Spinach, Beans, Sunflower Oil, Ginger, Garam Masala, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, <b>Curry Powder (Contains Mustard)</b>, Turmeric</p> <p><b>M</b></p>	<p>Veggie Pot Pie</p> <p><b>Ingredients:</b>, Potatoes, Grated Carrots, Sweetcorn, Onion, <b>Celery</b>, Beans, Lentils, Tomato Paste, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Cumin, Black Pepper</p> <p><b>C</b></p>	<p>Lentil pasta bake with sweetcorn GF</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Tomato Paste, Carrots, Lentils, Sweetcorn, Onion, <b>Grated Cheddar Cheese (Contains Milk)</b>, Sunflower Oil, <b>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite)</b>, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning</p> <p><b>D SD</b></p>
<b>Dessert</b>	<p>Cherry yoghurt</p> <p><b>Ingredients:</b>, Natural Yoghurt (Contains Milk), Cherry, Pinch Of Sugar</p> <p><b>D</b></p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fresh banana</p> <p><b>Ingredients:</b>, Banana</p>	<p>Fruit compote</p> <p><b>Ingredients:</b>, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, 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
- 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

**Allergens Key**

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|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| <b>D</b> Dairy  | <b>E</b> Eggs | <b>SB</b> Soy Beans | <b>M</b> Mustard       | <b>L</b> Lupin   | <b>C</b> Crustaceans | <b>P</b> Peanuts          |
| <b>G</b> Gluten | <b>F</b> Fish | <b>N</b> Nuts       | <b>SS</b> Sesame Seeds | <b>M</b> Mollusc | <b>C</b> Celery      | <b>SD</b> Sulphur Dioxide |