

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes with sweetcorn and cheese</p> <p><b>Ingredients:</b>, Jacket Potatoes, Sweetcorn, <b>Grated Cheddar Cheese (Contains Milk)</b></p> <p><b>D</b></p>	<p>Chickpea and cauliflower couscous salad</p> <p><b>Ingredients:</b>, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, Carrots, Cauliflower, Sweetcorn, Chick Peas, Olive Oil, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil</p> <p><b>G</b></p>	<p>Lentil pasta salad</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Mixed Peppers, Carrots, Sweetcorn, Onion, Lentils, 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><b>G</b></p>	<p>Gluten free Cauliflower and Broccoli Tots with garlic bread and Tzatziki dip</p> <p><b>Ingredients:</b>, <b>Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast)</b>, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), <b>Natural Yoghurt (Contains Milk)</b>, Cucumber, Garlic, Ground Black Pepper, Dill, Parsley, Basil</p> <p><b>G D</b></p>	<p>Paprika chickpea and green beans with baby new potato salad</p> <p><b>Ingredients:</b>, Potatoes, Chick Peas, Green Beans, Olive Oil, Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin</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

Chocolate and pineapple cake	Fresh fruit	Lemon yoghurt	Vanilla Rice Pudding	Apple and cherry cake
<b>Ingredients:</b> , Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Pineapple, <b>Butter (Contains: Milk)</b> , Vegetable Oil, Egg, Pinch Of Sugar, Cinnamon, Cocoa Powder	<b>Ingredients:</b> , Fresh Fruit	<b>Ingredients:</b> , Natural Yoghurt (Contains Milk), Lemon, Pinch Of Sugar	Pudding Rice, <b>Milk</b> , Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar	<b>Ingredients:</b> , Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Apple, Cherry, <b>Butter (Contains: Milk)</b> , Egg, Pinch Of Sugar, Cinnamon
<div> <div>G</div> <div>E</div> <div>SB</div> <div>D</div> </div>		<div> <div>D</div> </div>	<div> <div>D</div> </div>	<div> <div>G</div> <div>E</div> <div>SB</div> <div>D</div> </div>

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