

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes with sweetcorn and cheese</p> <p>Ingredients:, Jacket Potatoes, Sweetcorn, Grated Cheddar Cheese (Contains Milk)</p> <p>D</p>	<p>Chickpea and cauliflower rice salad GF</p> <p>Ingredients:, Basmati Rice, Carrots, Cauliflower, Sweetcorn, Chick Peas, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil</p>	<p>Lentil pasta salad GF</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), 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>Gluten free Cauliflower and Broccoli Tots with potatoes and Tzatziki dip GF</p> <p>Potatoes, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Natural Yoghurt (Contains Milk), Cucumber, Garlic, Ground Black Pepper, Dill, Parsley, Basil</p> <p>D</p>	<p>Paprika chickpea and green beans with baby new potato salad</p> <p>Ingredients:, Potatoes, Chick Peas, Green Beans, Olive Oil, Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin</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>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</p>	<p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</p>	<p>Vanilla Rice Pudding</p> <p>Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar</p> <p>D</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>

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