

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free vegetable round with seasonal mixed vegetables and baby new jacket potatoes</p> <p>Baby Jacket Potatoes, Broad Beans, Gluten Free Vegetable Round (Potatoes, Sunflower Oil, Salt), Sweetcorn</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 vegetable tagine with chick peas, apricots and courgettes served with basmati rice</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Chick Peas, Diced Carrots, Red Peppers, Yellow Peppers, Green Peppers, Courgettes, Onion, Apricot Sulphur Dioxide, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Cinnamon, Cumin, Garlic Puree, Mixed Herbs - Dried, Turmeric</p> <p>SD</p>	<p>Slow cooked butter bean stew with mushrooms Served with crunchy diced potatoes</p> <p>Butter Beans, Carrots, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mushrooms, Onion, Potatoes, Swedes, Turnips</p> <p>C</p>	<p>Vegetable pasta bake in a rich tomato sauce with sweetcorn</p> <p>Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Carrots, Sweetcorn, Red Lentils, 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