

	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, Carrots, Garden Peas, Gluten Free Vegetable Round, Sweetcorn</p>	<p>Sweet and sour lentils with mixed peppers, chunky pineapple and basmati rice</p> <p>Basmati Rice, Garlic, Gluten Free Low Salt Vegetable Stock, Lemon Juice, Lentils, Mixed Herbs, Mixed Peppers, Onion, Oregano, Paprika, Pineapple, Sugar</p>	<p>Bean Moussaka with cheddar cheese topping and fresh raw veggies</p> <p>Aubergine, Butter Beans, Cannellini Beans, Carrot, Chopped Tomatoes, Cumin, Garlic, Grated Cheddar Cheese (Contains Milk), Onion, Paprika, Peppers, Potatoes, Raw Veggies, Salt, Sugar, Sunflower Oil, Thyme</p> <p>D</p>	<p>Vegetarian stew and mushrooms with creamy mash potato and side of fresh raw vegetables</p> <p>Bay Leaves, Butter Beans, Carrots, Celery, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Mixed Herbs, Mushrooms, Onion, Paprika, Potato, Potatoes, Raw Veggies, Swedes, Thyme, Turnips, Vegetable Oils</p> <p>C</p>	<p>Stir fry veggie gluten free pasta</p> <p>Aubergines, Broccoli, Carrot, Coconut Milk, Courgettes, Gluten Free Pasta, Green Peppers, Mixed Herbs, Olive Oil, Onion, Red Lentils, Red Peppers, Salt, Sweetcorn, Yellow Peppers</p>
Dessert	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Vegan, gluten free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Low Fat Yoghurt (Contains Milk), Sugar</p> <p>D</p>	<p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</p>	<p>Fresh fruit</p> <p>Fresh Fruit</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