

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free Cauliflower and broccoli Tots with diced carrots and baby potatoes</p> <p>Ingredients:, Potatoes, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Carrots, Olive Oil, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary</p>	<p>Lentil pasta salad with mixed veggies</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Cumin, Coriander, Basil</p> <p>G</p>	<p>Veggie nuggets with peas and garlic bread</p> <p>Ingredients:, Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Olive Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric), Garden Peas</p> <p>G</p>	<p>Paprika chickpea couscous salad</p> <p>Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Chick Peas, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Tumeric, Basil, Parsley, Ground Black Pepper, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt)</p> <p>G</p>	<p>Gluten free Cauliflower and Broccoli Tots with baked beans and potatoes</p> <p>Ingredients:, Potatoes, Baked Beans In Tomato Sauce, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Olive Oil, Rosemary</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

Cherry yoghurt

Ingredients:, Natural
Yoghurt (Contains Milk),
Cherry, Pinch Of Sugar

D

Vegan, soya free cake

Ingredients:, Wheat Flour
(With Calcium, Iron, Niacin,
Thiamin), Apple, Peach,
Pear, Dairy Free Margarine,
Pinch Of Brown Sugar, Gluten
Free Baking Powder,
Bicarbonate Of Soda,
Cinnamon

G

Apple and lemon crumble

Ingredients:, Wheat Flour
(With Calcium, Iron, Niacin,
Thiamin), **Breadcrumbs**
(Contains: **Gluten**), Apple,
Lemon, Vegetable Oil, Pinch
Of Brown Sugar, Vanilla
Flavouring, Cinnamon

G

Fruit compote

Ingredients:, Apple, Peach,
Pear, Pinch Of Brown Sugar,
Vanilla Flavouring, Cinnamon

Peach flapjacks

Ingredients:, Apple, Pinch Of
Brown Sugar, Dairy Free
Margarine, Golden Syrup,
Peach, **Porridge Oats**
(Contains **Oat & Gluten**),
Pinch Of Sugar

G

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