

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Rosemary chicken with diced carrots and baby potatoes</p> <p>Ingredients:, Potatoes, Chicken Breast, 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>Chicken nuggets with peas and garlic bread</p> <p>Ingredients:, Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Chicken Nuggets (Chicken, Wheat Flour, Olive Oil, Potato Starch, Yeast), 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>Fish fingers with baked beans and potatoes</p> <p>Ingredients:, Potatoes, Baked Beans In Tomato Sauce, Cod Fillet Fish Fingers (Whitefish, Wheat Flour, Vegetable Oil, Yeast, Salt, Paprika, Curcumin, Turmeric), Olive Oil</p> <p>G F</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



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



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



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



Allergens Key



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur
Dioxide