

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free Cauliflower and Broccoli Tots with carrot and baby potatoes</p> <p><b>Ingredients:</b>, 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><b>Ingredients:</b>, 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><b>Ingredients:</b>, 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><b>Ingredients:</b>, 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><b>Ingredients:</b>, 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

Fruit compote

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

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



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- Mustard
- Lupin
- Crustaceans
- Peanuts
- Gluten
- Fish
- Nuts
- Sesame Seeds
- Mollusc
- Celery
- Sulphur Dioxide