








	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free Cauliflower and broccoli tots with sweetcorn and jacket potatoes</p> <p>Ingredients:, Jacket Potatoes, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Sweetcorn</p>	<p>Oriental chicken with potatoes and peas</p> <p>Ingredients:, Potatoes, Chicken Breast, Garden Peas, Olive Oil, Paprika, Garlic, Parsley, Basil, Turmeric</p>	<p>Lentil veggie pasta with red pesto</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Tomatoes, Lentils, Carrots, Onion, Spinach, Celery, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley</p> <p></p>	<p>Gluten free Cauliflower and broccoli Tots with carrots and 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, Garlic, Ground Black Pepper, Parsley, Rosemary</p>	<p>Rosemary chicken with mixed veggies and rice</p> <p>Ingredients:, Basmati Rice, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika</p>
Dessert	<p>Fruit compote</p> <p>Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fruit compote</p> <p>Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fruit compote</p> <p>Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>

Allergens Key

 **Dairy**  **Eggs**  **Soy Beans**  **Mustard**

 **Gluten**  **Fish**  **Nuts**  **Sesame Seeds**

 **Lupin**  **Crustaceans**  **Peanuts**

 **Mollusc**  **Celery**  **Sulphur Dioxide**