

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Gluten free Cauliflower and broccoli tots with sweetcorn and jacket potatoes</p> <p><b>Ingredients:</b>, 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><b>Ingredients:</b>, Potatoes, Chicken Breast, Garden Peas, Paprika, Garlic, Parsley, Basil, Turmeric</p>	<p>Lentil veggie pasta with red pesto GF</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), Tomatoes, Lentils, Carrots, Onion, Spinach, <b>Celery</b>, <b>Single Cream (Contains Milk)</b>, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley</p> <p><b>D C</b></p>	<p>Gluten free fish fingers with carrots and potatoes</p> <p>Diced Carrots, <b>Gluten Free Fish Fingers (Contains Fish)</b>, Potatoes</p> <p><b>F</b></p>	<p>Rosemary chicken with mixed veggies and rice</p> <p><b>Ingredients:</b>, Basmati Rice, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika</p>
<b>Dessert</b>	<p>Blackcurrant yoghurt</p> <p><b>Ingredients:</b>, <b>Natural Yoghurt (Contains Milk)</b>, Blackcurrants, Pinch Of Sugar</p> <p><b>D</b></p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, 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><b>Ingredients:</b>, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, 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><b>Ingredients:</b>, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</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