

	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 chickpea with potatoes and peas</p> <p><b>Ingredients:</b>, Potatoes, Chick Peas, 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 Cauliflower and broccoli Tots with carrots and 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, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary</p>	<p>Gluten free Cauliflower and Broccoli Tots with mixed veggies and rice GF</p> <p><b>Ingredients:</b>, Basmati Rice, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Garlic, Cumin, Coriander, Paprika, Ground Black Pepper, Rosemary</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