

|                | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|----------------|--|---|--|--|---|
| <b>Main</b>    | <p>Chicken nuggets with sweetcorn and jacket potatoes</p> <p><b>Ingredients:</b>, Jacket Potatoes, <b>Chicken Nuggets (Contains: Gluten), Chicken, Wheat Flour, Sunflower Oil, Potato Starch, Yeast, Sweetcorn</b></p> <p><b>G</b></p> | <p>Oriental chicken with wrap and peas</p> <p><b>Ingredients:</b>, <b>Wrap (Contains Wheat, Gluten),</b> Chicken Breast, Garden Peas, Paprika, Garlic, Parsley, Basil, Turmeric</p> <p><b>G</b></p>       | <p>Lentil veggie pasta with red pesto</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten),</b> Tomatoes, Lentils, Carrots, Sweetcorn, Onion, Spinach, <b>Celery, 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>G D C</b></p> | <p>Fish cakes with carrots and potatoes</p> <p><b>Ingredients:</b>, Potatoes, <b>Cod Fillet Fish Cakes (Whitefish, Wheat Flour, Dried Potato, Vegetable Oil, Salt, Onion Powder, Yeast, Parsley, Sugar, Turmeric, Black Pepper, Paprika, Parsley),</b> Carrots</p> <p><b>G F</b></p> | <p>Rosemary chicken with mixed veggies and garlic bread</p> <p><b>Ingredients:</b>, <b>Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast,</b> Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika</p> <p><b>G</b></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>Apple and apricot flapjacks</p> <p><b>Ingredients:</b>, <b>Porridge Oats (Contains Oat &amp; Gluten),</b> Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar</p> <p><b>G</b></p> | <p>Apple crumble</p> <p><b>Ingredients:</b>, Wheat Flour (Contains Gluten), <b>Breadcrumbs (Contains: Gluten),</b> Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon</p> <p><b>G</b></p>   | <p>Cherry Chocolate Cake</p> <p><b>Ingredients:</b>, Wheat Flour (Contains Gluten), <b>Soya Flour, Cherry, Butter (Contains: Milk),</b> Vegetable Oil, Egg, Cocoa Powder, Pinch Of Sugar</p> <p><b>G E SB D</b></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

**Allergens Key**

- |                 |               |                     |                        |                  |                      |                           |
|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| <b>D</b> Dairy  | <b>E</b> Eggs | <b>SB</b> Soy Beans | <b>M</b> Mustard       | <b>L</b> Lupin   | <b>C</b> Crustaceans | <b>P</b> Peanuts          |
| <b>G</b> Gluten | <b>F</b> Fish | <b>N</b> Nuts       | <b>SS</b> Sesame Seeds | <b>M</b> Mollusc | <b>C</b> Celery      | <b>SD</b> Sulphur Dioxide |