

	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, Olive Oil, Paprika, Garlic, Parsley, Basil, Turmeric</p>	<p>Lentil veggie pasta with red pesto</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), Tomatoes, Lentils, Carrots, Onion, Spinach, <b>Celery</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>(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, Olive Oil</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>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>	<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  
**(G)** Gluten    **(F)** Fish    **(N)** Nuts    **(SS)** Sesame Seeds

**(L)** Lupin    **(C)** Crustaceans    **(P)** Peanuts  
**(M)** Mollusc    **(C)** Celery    **(SD)** Sulphur Dioxide