

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Lentil and chickpea dhal with herby couscous</p> <p>Carrot, Chick Peas, Chopped Tomatoes, Coconut Milk, Coriander, Cous Cous (Contains Gluten), Cumin, Curry Powder, Ginger, Ground Black Pepper, Lentils, Onion, Paprika, Potato, Salt, Sunflower Oil, Turmeric</p> <p>G</p>	<p>Beef chilli con carne with red kidney beans, served with basmati rice and fresh raw vegetables</p> <p>Baked Beans In Tomato Sauce, Basmati Rice, Beef Mince, Chopped Tomatoes, Fajita Seasoning, Green Peppers, Kidney Beans, Gluten Free Low Salt Vegetable Stock, Mixed Herbs, Onions, Raw Veggies, Red Peppers, Sunflower Oil, Sweetcorn, Yellow Peppers</p>	<p>Roast chicken and diced baby vegetables in a creamy sauce with egg free noodles</p> <p>Basil, Chicken Breast, Coriander, Egg Free Noodles (Contains Gluten), Garden Peas, Ground Black Pepper, Leeks, Gluten Free Low Salt Vegetable Stock, Parsnips, Single Cream (Contains Milk), Sunflower Oil, Wheat Flour (Contains Gluten)</p> <p>G D</p>	<p>Roasted vegetable pasta bake with grated cheddar cheese topping and fresh raw veggies</p> <p>Aubergines, Chopped Tomatoes, Courgettes, Diced Carrots, Egg Free Fusilli (Contains Gluten), Garlic Puree, Gluten Free Low Salt Vegetable Stock, Grated Cheddar Cheese (Contains Milk), Green Peppers, Lentils, Onion, Red Peppers, Yellow Peppers</p> <p>G D</p>	<p>Chicken and potato Pie</p> <p>Baked Beans In Tomato Sauce, Carrots, Chicken Breast, Cumin, Garlic, Ground Black Pepper, Onion, Peppers, Raw Veggies, Rosemary, Salt, Sauteed Potatoes, Sunflower Oil, Sweetcorn, Tomato Paste</p>
Dessert	<p>Date flapjacks</p> <p>Apple, Brown Sugar, Butter (Contains: Milk), Date, Golden Syrup, Porridge Oats</p> <p>G D</p>	<p>Peach yoghurt</p> <p>Low Fat Yoghurt (Contains Milk), Peach Puree, Sugar</p> <p>D</p>	<p>Juicy Carrot cake</p> <p>Butter (Contains: Milk), Cinnamon, Egg, Grated Carrots, Milk, Soya Flour, Wheat Flour (Contains Gluten)</p> <p>G E SB D</p>	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Oaty mixed berry pudding</p> <p>Brown Sugar, Cinnamon, Honey, Milk, Mixed Berry, Oat Flakes</p> <p>G D</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