

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Veggie nuggets with sweetcorn and jacket potatoes</p> <p><b>Ingredients:</b>, Jacket Potatoes, <b>Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Sunflower Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric)</b>, Sweetcorn</p> <p><b>G</b></p>	<p>Oriental chickpea with wrap and peas</p> <p><b>Ingredients:</b>, <b>Wrap (Contains Wheat, Gluten)</b>, Chick Peas, Garden Peas, Paprika, Garlic, Parsley, Basil, Turmeric</p> <p><b>G</b></p>	<p>Lentil veggie pasta with red pesto DF</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, 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>G 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>Veggie sausage 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, <b>Vegan Sausages (Carrot, Green Pepper, Peas, Potato, Onion, Sweetcorn, Rice, Sunflower Oil, Wheat Flour, Beans, Gram Flour, Salt, Yeast, Sage, Parsley, Sugar, White Pepper, Garlic)</b>, Parsley, Basil, Rosemary, Garlic, Paprika</p> <p><b>G</b></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

**Dessert**

Fruit compote

**Ingredients:**, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

Apple and apricot flapjacks

**Ingredients:**, **Porridge Oats (Contains Oat & Gluten)**, Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar



Apple crumble

**Ingredients:**, Wheat Flour (Contains Gluten), **Breadcrumbs (Contains: Gluten)**, Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon



Vegan, soya free cake

**Ingredients:**, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



Fruit compote

**Ingredients:**, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

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