

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<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><b>G</b></p>	<p>Vegetarian chilli con carne with red kidney beans, served with basmati rice and fresh raw veggies</p> <p>Baked Beans In Tomato Sauce, Basmati Rice, Celery, Chopped Tomatoes, Fajita Seasoning, Green Peppers, Kidney Beans, Gluten Free Low Salt Vegetable Stock, Mixed Herbs - Dried, Onions, Red Peppers, Sunflower Oil, Sweetcorn, Yellow Peppers, Vegetarian Mince (Contains: Gluten, Soybeans)</p> <p><b>G SB</b></p>	<p>Cannellini beans and diced baby vegetables in a creamy sauce with egg free noodles</p> <p>Basil, Cannellini Beans, Carrot, Coriander, Egg Free Noodles (Contains Gluten), Garden Peas, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Leeks, Parsnips, Single Cream (Contains Milk), Sunflower Oil, Wheat Flour (Contains Gluten)</p> <p><b>G D</b></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><b>G D</b></p>	<p>Mixed bean and potato Pie</p> <p>Baked Beans In Tomato Sauce, Butter Beans, Cannellini Beans, Carrots, Cumin, Garlic, Ground Black Pepper, Onion, Peppers, Raw Veggies, Rosemary, Salt, Sauteed Potatoes, Sunflower Oil, Sweetcorn, Tomato Paste</p>
<b>Dessert</b>	<p>Date flapjacks</p> <p>Apple, Brown Sugar, Butter (Contains: Milk), Date, Golden Syrup, Porridge Oats</p> <p><b>G D</b></p>	<p>Peach yoghurt</p> <p>Low Fat Yoghurt (Contains Milk), Peach Puree, Sugar</p> <p><b>D</b></p>	<p>Juicy Carrot cake</p> <p>Butter (Contains: Milk), Cinnamon, Egg, Grated Carrots, Milk, Soya Flour, Wheat Flour (Contains Gluten)</p> <p><b>G E SB D</b></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><b>G D</b></p>

### Allergens Key



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



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 |