

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Ratatouille with chickpeas and parsley rice</p> <p><b>Ingredients:</b>, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Olive Oil, Basil, Parsley, Thyme, Ground Black Pepper, Garlic</p>	<p>Hungarian bean paprika sauce and mash</p> <p><b>Ingredients:</b>, Potatoes, <b>Stewpack (Onion, Carrots, Turnip, Swede, Celery)</b>, Carrots, Onion, Beans, <b>Single Cream (Contains Milk)</b>, <b>Butter (Contains: Milk)</b>, Tomato Puree, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper</p> <p><b>D C</b></p>	<p>Hoisin with lentils and rice</p> <p><b>Ingredients:</b>, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Lentils, Olive Oil, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b></p> <p><b>SB</b></p>	<p>Sweet and sour Asian beans with noodles</p> <p><b>Ingredients:</b>, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b>, Garlic</p> <p><b>G SB</b></p>	<p>Lentil pasta salad with mayo</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Mayonnaise (Rapeseed Oil, Water, Vinegar, Egg, Sugar, Salt, Thickener (Xanthan Gum), Sweetcorn, Peppers, <b>Natural Yoghurt (Contains Milk)</b>, Lentils, Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper</p> <p><b>G E D M</b></p>

## Allergens Key

**D** Dairy    **E** Eggs    **SB** Soy Beans    **M** Mustard    **F** Fish    **N** Nuts    **SS** Sesame Seeds

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

Dessert	<p>Blackcurrent and apple cake</p> <p><b>Ingredients:</b>, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Apple, Blackcurrants, <b>Butter (Contains: Milk)</b>, Egg, Pinch Of Sugar, Cinnamon</p> <p><b>G E SB D</b></p>	<p>Chocolate Muffins</p> <p><b>Ingredients:</b>, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Chocolate Chips, <b>Butter (Contains: Milk)</b>, Egg, Pinch Of Sugar, Bicarbonate Of Soda</p> <p><b>G E SB D</b></p>	<p>Fresh melon slices</p> <p><b>Ingredients:</b>, Honeydew Melon</p>	<p>Peach Krispie Bite</p> <p><b>Ingredients:</b>, Oat Flakes (Contains Oat &amp; Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup</p> <p><b>G</b></p>	<p>Strawberry yoghurt</p> <p><b>Ingredients:</b>, Natural Yoghurt (Contains Milk), Strawberry Puree, Pinch Of Sugar</p> <p><b>D</b></p>
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