

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Chicken nuggets with sweetcorn and jacket potatoes</p> <p>Ingredients:, Jacket Potatoes, Chicken Nuggets (Contains: Gluten), Chicken, Wheat Flour, Sunflower Oil, Potato Starch, Yeast, Sweetcorn</p> <p>G</p>	<p>Oriental chicken with wrap and peas</p> <p>Ingredients:, Wrap (Contains Wheat, Gluten), Chicken Breast, Garden Peas, Paprika, Garlic, Parsley, Basil, Turmeric</p> <p>G</p>	<p>Lentil veggie pasta with red pesto</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Tomatoes, Lentils, Carrots, Sweetcorn, Onion, Spinach, Celery, Single Cream (Contains Milk), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley</p> <p>G D C</p>	<p>Fish cakes with carrots and potatoes</p> <p>Ingredients:, Potatoes, Cod Fillet Fish Cakes (Whitefish, Wheat Flour, Dried Potato, Vegetable Oil, Salt, Onion Powder, Yeast, Parsley, Sugar, Turmeric, Black Pepper, Paprika, Parsley), Carrots</p> <p>G F</p>	<p>Rosemary chicken with mixed veggies and garlic bread</p> <p>Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika</p> <p>G</p>
Dessert	<p>Blackcurrant yoghurt</p> <p>Ingredients:, Natural Yoghurt (Contains Milk), Blackcurrants, Pinch Of Sugar</p> <p>D</p>	<p>Apple and apricot flapjacks</p> <p>Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar</p> <p>G</p>	<p>Apple crumble</p> <p>Ingredients:, Wheat Flour (Contains Gluten), Breadcrumbs (Contains: Gluten), Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon</p> <p>G</p>	<p>Vegan, soya free cake</p> <p>Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> <p>G</p>	<p>Fruit compote</p> <p>Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</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

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