

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Lentil and chickpea dhal with herby couscous</p> <p><b>Ingredients:</b>, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Olive Oil, Coriander, Cumin, <b>Curry Powder (Contains Mustard)</b>, Ginger, Ground Black Pepper, Paprika</p> <p><b>G M</b></p>	<p>Vegetarian chilli con carne with kidney beans served with basmati rice</p> <p>Basmati Rice, Baked Beans In Tomato Sauce, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Smoked Paprika, Olive Oil, Sweetcorn</p>	<p>Beans in Creamy sauce with Italian potatoes</p> <p><b>Ingredients:</b>, Potatoes, Macedoine (Carrot, Swede, Turnip, Peas, Beans), Chopped Tomatoes, Carrots, Beans, <b>Single Cream (Contains Milk)</b>, Gluten Free Flour, Olive Oil, Onion, Parsley, Basil, Garlic</p> <p><b>D</b></p>	<p>Veggie pasta bake with chickpea and carrot sauce</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Carrots, Onion, <b>Single Cream (Contains Milk)</b>, Chick Peas, <b>Bechamel Sauce (Wheat Flour, Skimmed Milk Powder, Sugar, Salt, Yeast, Onion)</b>, Cheese, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Parsley, Turmeric, Paprika, Ground Black Pepper</p> <p><b>G D</b></p>	<p>Yum Yum Veggie pie</p> <p><b>Ingredients:</b>, Potatoes, Garden Peas, Sweetcorn, Carrots, Lentils, Onion, <b>Single Cream (Contains Milk)</b>, Olive Oil, Gluten Free Flour, Lemon Juice, Dill, Garlic, Ground Black Pepper</p> <p><b>D</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**

Lemon and apple flapjacks  
with raisins

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



Vegan, soya free cake

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



Forest fruit compote

**Ingredients:** Apple, Peach,  
Pear, Blackberries,  
Blackcurrants, Raspberries,  
Redcurrants, Strawberries,  
Pinch Of Brown Sugar, Vanilla  
Flavouring, Cinnamon

Black Cherry yoghurt

**Ingredients:** Natural  
Yoghurt (Contains Milk),  
Black Cherry, Pinch Of Sugar



Vegan, soya free cake

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



**Allergens Key**



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur  
Dioxide