

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Veggie nuggets with sweetcorn and jacket potatoes</p> <p>Ingredients:, Jacket Potatoes, Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Sunflower Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric), Sweetcorn</p> <p>G</p>	<p>Oriental chickpea with wrap and peas</p> <p>Ingredients:, Wrap (Contains Wheat, Gluten), Chick Peas, 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>Spinach and cheese fingers with carrots and potatoes</p> <p>Potatoes, Spinach And Cheese Fingers (Wheat Flour, Vegetable Oil, Spinach, White Cheese (Milk), Onion, Corn Starch, Salt, Sugar, Red Pepper), Carrots, Garlic, Parsley</p> <p>G D</p>	<p>Veggie sausage 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, 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), Parsley, Basil, Rosemary, Garlic, Paprika</p> <p>G</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

Blackcurrant yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Blackcurrants, Pinch Of Sugar



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

Allergens Key



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur Dioxide