

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|--|--|--|---|---|
| Main | <p>Vegan Spring Rolls with carrot and cucumber and baby potatoes</p> <p>Ingredients:, Potatoes, Vegan Spring Rolls (Carrots, Onions, Cabbage, Beans, Sweetcorn, Peppers, Wheat Flour, Cornflour, Sugar, Soya Bean, Metasuphite, Sunflower Oil, Spices , Celery), Cucumber, Carrots, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary</p> <p>G SB C SD</p> | <p>Lentil pasta salad with mixed veggies</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Cumin, Coriander, Basil</p> <p>G</p> | <p>Veggie nuggets with grated carrots and garlic bread</p> <p>Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Sunflower Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric), Grated Carrots</p> <p>G</p> | <p>Paprika chickpea couscous salad</p> <p>Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Chick Peas, Cucumber, Lettuce, Sweetcorn, Carrots, Tumeric, Basil, Parsley, Ground Black Pepper, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt)</p> <p>G</p> | <p>Gluten free Cauliflower and Broccoli Tots with baked beans and potatoes</p> <p>Ingredients:, Potatoes, Baked Beans In Tomato Sauce, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Rosemary</p> |
| Dessert | <p>Cherry yoghurt</p> <p>Ingredients:, Natural Yoghurt (Contains Milk), Cherry, Pinch Of Sugar</p> <p>D</p> | <p>Pineapple and apple cake</p> <p>Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Pineapple, Apple, Butter (Contains: Milk), Vegetable Oil, Egg, Pinch Of Sugar, Cinnamon</p> <p>G E SB D</p> | <p>Apple and lemon crumble</p> <p>Ingredients:, Wheat Flour (Contains Gluten), Breadcrumbs (Contains: Gluten), Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p> <p>G</p> | <p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</p> | <p>Peach flapjacks</p> <p>Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, Porridge Oats (Contains Oat & Gluten), Pinch Of Sugar</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

Allergens Key

-  Dairy
-  Eggs
-  Soy Beans
-  Mustard
-  Lupin
-  Crustaceans
-  Peanuts
-  Gluten
-  Fish
-  Nuts
-  Sesame Seeds
-  Mollusc
-  Celery
-  Sulphur Dioxide