

	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, Olive 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>Ingredients:, Potatoes, Spinach And Cheese Fingers (Wheat Flour, Vegetable Oil, Spinach, White Cheese (Milk), Onion, Corn Starch, Salt, Sugar, Red Pepper), Carrots, Olive Oil, 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, Olive Oil, Wheat Flour, Beans, Gram Flour, Salt, Yeast, Sage, Parsley, Sugar, White Pepper, Garlic)</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 (With Calcium, Iron, Niacin, Thiamin), 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 (With Calcium, Iron, Niacin, Thiamin), 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



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc

















Celery



Sulphur Dioxide

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