

|             | 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>Beef chilli con carne with kidney beans served with basmati rice</p> <p>Basmati Rice, Baked Beans In Tomato Sauce, Beef Mince, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Smoked Paprika, Olive Oil, Sweetcorn</p> | <p>Roast chicken in Creamy sauce with Italian potatoes</p> <p><b>Ingredients:</b>, Potatoes, Macedoine (Carrot, Swede, Turnip, Peas, Beans), Chopped Tomatoes, Carrots, Chicken Breast, Gluten Free Flour, Olive Oil, Onion, Parsley, Basil, Garlic</p> | <p>Italian Chicken Pastina</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Onion, Carrots, <b>Celery, Wholemeal Bread (Wholemeal Wheat Flour, Water, Salt, Yeast, Vegetable Oil)</b>, Chicken Breast, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley, Turmeric, Black Pepper</p> <p><b>G C</b></p> | <p>Yum Yum Fish pie</p> <p><b>Ingredients:</b>, Potatoes, Garden Peas, Sweetcorn, Carrots, <b>Fish Mix ( Pollack Fish, Salmon)</b>, Onion, Olive Oil, Gluten Free Flour, Lemon Juice, Dill, Garlic, Ground Black Pepper</p> <p><b>F</b></p> |

### Allergens Key

|                 |               |                     |                        |                  |                      |                           |
|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| <b>D</b> Dairy  | <b>E</b> Eggs | <b>SB</b> Soy Beans | <b>M</b> Mustard       | <b>L</b> Lupin   | <b>C</b> Crustaceans | <b>P</b> Peanuts          |
| <b>G</b> Gluten | <b>F</b> Fish | <b>N</b> Nuts       | <b>SS</b> Sesame Seeds | <b>M</b> Mollusc | <b>C</b> Celery      | <b>SD</b> 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

Fruit compote

**Ingredients:**, Apple, Peach,  
Pear, Pinch Of Brown Sugar,  
Vanilla Flavouring, Cinnamon

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