

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Lentil and chickpea dhal with herby gluten free couscous</p> <p>Carrot, Chick Peas, Chopped Tomatoes, Coconut Milk, Coriander, Cumin, Curry Powder, Ginger, Gluten Free Couscous, Ground Black Pepper, Lentils, Onion, Paprika, Potato, Salt, Sunflower Oil, Turmeric</p>	<p>Beef chilli con carne with red kidney beans, served with basmati rice and fresh raw vegetables</p> <p>Baked Beans In Tomato Sauce, Basmati Rice, Beef Mince, Chopped Tomatoes, Fajita Seasoning, Green Peppers, Kidney Beans, Gluten Free Low Salt Vegetable Stock, Mixed Herbs, Onions, Raw Veggies, Red Peppers, Sunflower Oil, Sweetcorn, Yellow Peppers</p>	<p>Roast chicken and diced baby vegetables in a creamy sauce with gluten free pasta</p> <p>Basil, Chicken Breast, Coconut Milk, Coriander, Garden Peas, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Ground Black Pepper, Leeks, Parsnips, Sunflower Oil</p>	<p>Roasted vegetable pasta bake with fresh raw veggies</p> <p>Aubergines, Chopped Tomatoes, Courgettes, Diced Carrots, Garlic Puree, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Green Peppers, Lentils, Onion, Red Peppers, Yellow Peppers</p>	<p>Chicken and potato Pie</p> <p>Baked Beans In Tomato Sauce, Carrots, Chicken Breast, Cumin, Garlic, Ground Black Pepper, Onion, Peppers, Raw Veggies, Rosemary, Salt, Sauteed Potatoes, Sunflower Oil, Sweetcorn, Tomato Paste</p>
Dessert	<p>Vegan, gluten free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Vegan, gluten free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</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