

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Mediterranean vegetable and lentil stew with herby gluten free couscous</p> <p>Carrots, Chick Peas, Cinnamon, Courgettes, Cumin, Gluten Free Couscous, Gluten Free Low Salt Vegetable Stock, Mixed Herbs, Onion, Potatoes, Red Lentils, Sunflower Oil, Tomato Paste</p>	<p>Roast chicken with broccoli and pea pesto with gluten free pasta</p> <p>Broccoli, Chicken Breast, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Ground Black Pepper, Mix Herbs, Onion, Parsley, Peas, Sunflower Oil</p>	<p>Tuna pasta bake with sweetcorn</p> <p>Carrots, Chopped Tomatoes, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Mixed Herbs, Onion, Peppers, Raw Veggies, Sunflower Oil, Sweetcorn, Tuna Chunks (Contains Fish)</p> <p><b>F</b></p>	<p>Mango chicken with diced carrots and basmati rice</p> <p>Basmati Rice, Chicken Breast, Garlic, Ginger, Lemon Juice, Mango Sauce, Mixed Herbs, Mixed Peppers, Onions, Salt, Sunflower Oil, Sweetcorn, Vinegar</p>	<p>Italian beef ragu in a rich tomato sauce with hidden vegetables and baby new potatoes and fresh raw veggies</p> <p>Beef Mince, Carrots, Courgettes, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Italian Seasoning, Mix Herbs, Mixed Peppers, Onion, Parsley, Potato, Sunflower Oil, Tomato Paste, Turmeric</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 selection</p> <p>Seasonal Fresh Fruit Pieces</p>	<p>Fresh oranges sliced</p> <p>Oranges</p>	<p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</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>

## Allergens Key

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|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| <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 |