

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free fish fingers with diced carrots and sauteed potatoes</p> <p>Diced Carrots, Gluten Free Fish Fingers (Contains Fish), Sauteed Potatoes</p> <p>F</p>	<p>Winter vegetable Pie</p> <p>Bay Leaves, Cabbage, Carrots, Cumin, Garlic, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Lentils, Onion, Parsley, Potatoes, Salt, Vinegar</p>	<p>Dairy free Cauliflower "cheese"</p> <p>Cauliflower, Coconut Milk, Dairy Free Margarine, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Mustard, Salt</p> <p>M</p>	<p>Beef chilli con carne with kidney beans served with basmati rice</p> <p>Baked Beans In Tomato Sauce, Beef Mince, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Salt, Smoked Paprika, Sugar, Sunflower Oil, Sweetcorn</p>	<p>Vegetarian bolognese with garden peas served with gluten free pasta</p> <p>Black Pepper, Carrots, Chopped Tomatoes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Green Lentils, Onion, Oregano, Salt, Sugar, Sunflower Oil</p>
Dessert	<p>Fresh fruit</p> <p>Seasonal Fresh Fruit Pieces</p>	<p>Gluten Free Oat Flapjacks with fruit pieces</p> <p>Apple, Brown Sugar, Dairy Free Margarine, Gluten Free Oat Flakes, Golden Syrup, Peach, Pear</p>	<p>Fresh fruit salad</p> <p>Honeydew Melon, Oranges, Pineapple, Red Apple, Sugar</p>	<p>Gluten & soya free Vegan cake</p> <p>Apple, Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Fresh melon slices</p> <p>Honeydew Melon</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