

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Lentil and chickpea dhal with basmati rice</p> <p>Basmati Rice, Carrots, Chick Peas, Coconut Milk, Coriander, Cumin, Curry Powder, Ginger, Ground Black Pepper, Lentils, Onion, Paprika, Potato, Salt, Sunflower Oil, Tomato Paste</p>	<p>Chickpea tagine with basmati rice</p> <p>Basmati Rice, Bay Leaves, Carrots, Chick Peas, Coconut Milk, Dill, Garlic, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Green Beans, Ground Black Pepper, Lemon Juice, Onion, Salt, Turmeric</p>	<p>Butter beans and Leeks with Roasted potatoes</p> <p>Balsamic Vinegar, Basil, Butter Beans, Carrots, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Leeks, Mushrooms, Onion, Potatoes, Sugar, Tomato Paste</p>	<p>Vegetarian pasta bake with sweetcorn and chickpeas</p> <p>Balsamic Vinegar, Carrots, Chick Peas, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Italian Seasoning, Onion, Salt, Sugar, Sunflower Oil, Sweetcorn, Tomato Paste</p>	<p>Tikka masala with cannellini beans served with basmati rice</p> <p>Basmati Rice, Cannellini Beans, Carrots, Chopped Tomatoes, Coconut Milk, Coriander, Garam Masala, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock, Korma Curry Paste, Mango Chutney, Olive Oil, Onion</p>
Dessert	<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 selection</p> <p>Seasonal Fresh Fruit Pieces</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 fruit</p> <p>Fresh Fruit</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>

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