

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes with Tuna and sweetcorn</p> <p>Ingredients:, Potatoes, Sweetcorn, Tuna Chunks (Contains Fish), Olive Oil, Mustard, Lemon Juice, Rosemary, Dill, Garlic</p> <p>F</p>	<p>Chicken pasta salad</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Peppers, Carrots, Sweetcorn, Onion, Chicken Breast, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper</p> <p>G</p>	<p>Chickpea Couscous</p> <p>Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Mixed Peppers, Chick Peas, Sweetcorn, Onion, Olive Oil, Lemon Juice, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper, Parsley, Paprika</p> <p>G</p>	<p>Garlic bread with roasted chicken and fresh vegetables</p> <p>Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Cucumber, Tomatoes, Lettuce, Chicken Breast, Olive Oil, Lemon Juice, Coriander, Cumin, Garlic, Ground Black Pepper, Mixed Herbs - Dried, Paprika, Parsley, Basil</p> <p>G</p>	<p>Jacket potatoes with baked beans and veggie nuggets</p> <p>Ingredients:, Jacket Potatoes, Baked Beans In Tomato Sauce, Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Sunflower Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric)</p> <p>G</p>
Dessert	<p>Fresh fruit</p> <p>Ingredients:, Seasonal Fresh Fruit Pieces</p>	<p>Vegan, soya free cake</p> <p>Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> <p>G</p>	<p>Stewed apples and raisins</p> <p>Ingredients:, Apple, Raisin, Cinnamon, Vanilla, Pinch Of Sugar</p>	<p>Vegan, soya free cake</p> <p>Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> <p>G</p>	<p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</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

Allergens Key

D Dairy	E Eggs	SB Soy Beans	M Mustard
G Gluten	F Fish	N Nuts	SS Sesame Seeds

L Lupin	C Crustaceans
M Mollusc	C Celery

P Peanuts
SD Sulphur Dioxide