

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes with Tuna mayo and sweetcorn</p> <p>Ingredients:, Potatoes, Mayonnaise (Rapeseed Oil, Egg Spirit Vinegar, Sugar, Salt, Lemon Juice Flavouring, Paprika - Contains Eggs), Sweetcorn, Tuna Chunks (Contains Fish), Mustard, Olive Oil, Rosemary, Garlic</p> <p>E F M</p>	<p>Chicken pasta salad</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), 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>Chickpea rice</p> <p>Ingredients:, Basmati Rice, 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>Potatoes with roasted chicken and fresh vegetables with garlic yoghurt dip</p> <p>Ingredients:, Potatoes, Cucumber, Tomatoes, Lettuce, Chicken Breast, Natural Yoghurt (Contains Milk), Olive Oil, Lemon Juice, Coriander, Cumin, Garlic, Ground Black Pepper, Mixed Herbs - Dried, Paprika, Parsley, Basil</p> <p>D</p>	<p>Jacket potatoes with baked beans and cheese</p> <p>Ingredients:, Jacket Potatoes, Baked Beans In Tomato Sauce, Grated Cheddar Cheese (Contains Milk)</p> <p>D</p>
Dessert	<p>Fresh fruit</p> <p>Ingredients:, Seasonal Fresh Fruit Pieces</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Stewed apples and raisins</p> <p>Ingredients:, Apple, Raisin, Cinnamon, Vanilla, Pinch Of Sugar</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Cherry yoghurt</p> <p>Ingredients:, Natural Yoghurt (Contains Milk), Cherry, Pinch Of Sugar</p> <p>D</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