

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free vegetable round and baked beans with jacket potatoes</p> <p>Baked Beans In Tomato Sauce, Gluten Free Vegetable Round (Potatoes, Sunflower Oil, Salt), Jacket Potatoes</p>	<p>Winter vegetables with chickpeas and gluten free pasta served with a cauliflower coulis</p> <p>Cauliflower, Chick Peas, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Olive Oil, Onion, Parsley, Peppers, Plum Sauce, Sweetcorn, Tomato Paste</p>	<p>Baked pasta with mediterranean vegetables</p> <p>Chopped Tomatoes, Courgettes, Diced Carrots, Garlic Puree, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Green Peppers, Ground Black Pepper, Onion, Red Lentils, Red Peppers, Sweetcorn, Yellow Peppers</p>	<p>Sweet and sour veggies with pepper and bite sized tasty pineapple served with gluten free pasta</p> <p>Cornflour, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Green Lentils, Lemon Juice, Mixed Peppers, Onion, Paprika, Pineapple, Vinegar</p>	<p>Smoked paprika butter beans with a tomato sauce served with basmati rice</p> <p>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Basil, Basmati Rice, Butter Beans, Carrots, Chopped Tomatoes, Courgettes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Onion, Peppers, Smoked Paprika, Sunflower Oil, Thyme, Tomato Paste</p>
Dessert	<p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</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>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</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>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>

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