

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free vegetable round and garden peas with sautéed potatoes</p> <p>Baked Beans In Tomato Sauce, Gluten Free Vegetable Round, Sauteed Potatoes</p>	<p>Chick pea and sweetcorn salad with gluten free pasta</p> <p>Carrots, Cauliflower, Chick Peas, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Mixed Herbs, Olive Oil, Onion, Oregano, Parsley, Peppers, Plum Sauce, Sweetcorn, Tomato Paste</p>	<p>Mediterranean vegetable tagine with crunchy roast potatoes Side of fresh raw veggies</p> <p>Aubergine, Broccoli, Carrot, Chopped Tomatoes, Green Lentils, Italian Seasoning, Mixed Peppers, Olive Oil, Onion, Potatoes, Salt, Smoked Paprika, Sugar, Sweetcorn</p>	<p>Butter beans with green bean with gluten free vegetable couscous</p> <p>Butter Beans, Carrots, Chopped Tomatoes, Gluten Free Couscous, Gluten Free Low Salt Vegetable Stock, Green Beans, Italian Seasoning, Mixed Herbs, Mixed Peppers, Mixed Vegetable, Onions, Sunflower Oil</p>	<p>Red lentils in a light hoisin sauce and oven roasted courgette with gluten free pasta and fresh raw veggies GSF</p> <p>Basil, Carrots, Courgettes, Garden Peas, Garlic, Gluten Free Pasta, Ground Black Pepper, Onion, Paprika, Red Lentils, Salt, Sugar, Sunflower Oil, Thyme, Tomato Paste</p>
Dessert	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Vegan, gluten free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</p>	<p>Mixed fruit compote</p> <p>Apple, Brown Sugar, Cinnamon, Peach, Pear, Vanilla</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