

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes with chickpea and sweetcorn</p> <p>Ingredients:, Potatoes, Chick Peas, Sweetcorn, Olive Oil, Rosemary, Parsley, Garlic Powder</p>	<p>Lentil pasta salad</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Peppers, Carrots, Sweetcorn, Onion, Lentils, 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 beans and fresh vegetables with garlic yoghurt dip</p> <p>Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Cucumber, Tomatoes, Lettuce, Beans, Natural Yoghurt (Contains Milk), Olive Oil, Lemon Juice, Coriander, Cumin, Garlic, Ground Black Pepper, Mixed Herbs - Dried, Paprika, Parsley, Basil</p> <p>G 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>Fruit yoghurt</p> <p>Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar</p> <p>D</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>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

Allergens Key

- | | | | | | | |
|--|--|---|--|---|---|---|
|  Dairy |  Eggs |  Soy Beans |  Mustard |  Lupin |  Crustaceans |  Peanuts |
|  Gluten |  Fish |  Nuts |  Sesame Seeds |  Mollusc |  Celery |  Sulphur Dioxide |