

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Lentil and chickpea dhal with basmati rice</p> <p>Basmati Rice, Carrots, Chick Peas, Coconut Milk, Coriander, Cumin, Curry Powder, Ginger, Ground Black Pepper, Lentils, Onion, Paprika, Potato, Salt, Sunflower Oil, Tomato Paste</p>	<p>Chickpea tagine with herby couscous</p> <p>Bay Leaves, Carrots, Chick Peas, Coconut Milk, Cous Cous (Contains Gluten), Dill, Garlic, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Green Beans, Ground Black Pepper, Lemon Juice, Mixed Herbs - Dried, Onion, Salt, Turmeric</p> <p>G</p>	<p>Butter beans and Leeks with Roasted potatoes</p> <p>Balsamic Vinegar, Basil, Butter Beans, Carrots, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Leeks, Mushrooms, Onion, Potatoes, Sugar, Tomato Paste</p>	<p>Vegan pasta bake with sweetcorn and chickpeas</p> <p>Balsamic Vinegar, Carrots, Chick Peas, Chopped Tomatoes, Egg Free Fusilli (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Italian Seasoning, Onion, Salt, Sugar, Sunflower Oil, Sweetcorn, Tomato Paste</p> <p>G</p>	<p>Tikka masala with cannellini beans served with basmati rice</p> <p>Basmati Rice, Cannellini Beans, Carrots, Chopped Tomatoes, Coconut Milk, Coriander, Garam Masala, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock, Korma Curry Paste, Mango Chutney, Olive Oil, Onion</p>
Dessert	<p>Chocolate and cinnamon flapjacks</p> <p>Apple, Brown Sugar, Cinnamon, Cocoa Powder, Dairy Free Margarine, Golden Syrup, Porridge Oats (Contains Oat & Gluten)</p> <p>G</p>	<p>Fresh fruit selection</p> <p>Seasonal Fresh Fruit Pieces</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Soya yoghurt</p> <p>Soya Yoghurt (Contains Soybeans)</p> <p>SB</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</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