

Tuesday Wednesday **Thursday** Friday Monday Chickpea Couscous Main Jacket potatoes and mayo Lentil pasta salad Garlic bread with roasted Jacket potatoes with baked beans and fresh vegetables with chickpea and beans and cheese sweetcorn Ingredients:, Pasta (Durum Ingredients:, Cous Cous with garlic yoghurt dip Wheat Semolina - Contains (Durum Wheat Semolina -Ingredients:, Jacket Gluten), Mixed Peppers, Contains Gluten). Carrots. Potatoes, Baked Beans In Ingredients:, Potatoes, Ingredients:, Garlic Bread Carrots, Sweetcorn, Onion, Mixed Peppers, Chick Peas, Tomato Sauce, Grated Mayonnaise (Rapeseed Oil, Wheat Flour, Margarine, Lentils, Olive Oil, Gluten Free Sweetcorn, Onion, Olive Oil, Cheddar Cheese (Contains Egg Spirit Vinegar, Sugar, Garlic, Salt, Parsley, Yeast, Low Salt Vegetable Stock Lemon Juice, Gluten Free Salt, Lemon Juice Cucumber, Tomatoes, Milk) Low Salt Vegetable Stock (Cornflour, Potato Starch, Flavouring, Paprika -Lettuce, Beans, Natural Onion, Carrot, Peas, Tomato (Cornflour, Potato Starch, Contains Eggs), Sweetcorn, Yoghurt (Contains Milk), **(D)** Onion, Carrot, Peas, Tomato Chick Peas, Olive Oil, Powder, Black Pepper, Olive Oil, Lemon Juice, Parsley, Turmeric, Salt), Powder, Black Pepper, Mustard, Rosemary, Garlic Coriander, Cumin, Garlic, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs Ground Black Pepper, Mixed - Dried, Basil, Coriander, Mixed Herbs - Dried, Basil, Herbs - Dried, Paprika, **(3)** Cumin, Garlic, Ground Black Coriander, Cumin, Garlic, Parsley, Basil Ground Black Pepper, Pepper Parsley, Paprika G (D 0 0 Chocolate Mini Muffin Dessert Fruit yoghurt Stewed apples and raisins Peach and vanilla cake Cherry yoghurt Ingredients:, Natural Ingredients:, Wheat Flour Ingredients:, Apple, Raisin, Butter (Contains: Milk), Ingredients:, Natural Yoghurt (Contains Milk), (Contains Gluten), Pinch Of Cinnamon, Vanilla, Pinch Of Yoghurt (Contains Milk), Cinnamon, Egg, Gluten Free Sugar, Egg, Rapeseed Oil, Sugar Baking Powder, Milk, Peach Cherry, Pinch Of Sugar Fruit Pureed, Pinch Of Sugar Dark Chocolate Chips, Sova Puree, **Soya Flour**, Pinch Of Flour, Cocoa Powder, Milk Sugar, Vanilla Flavouring, **(D) (D)** Wheat Flour (Contains Gluten) **G B B D** G 🕒 🐯 🛈

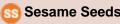
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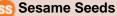














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