

	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>Beef tagine with basmati rice</p> <p>Basmati Rice, Bay Leaves, Beef Mince, Carrots, Chick Peas, Coconut Milk, Dill, Garlic, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Green Beans, Ground Black Pepper, Lemon Juice, Onion, Salt, Turmeric</p>	<p>Chicken and Leeks with Roasted potatoes</p> <p>Balsamic Vinegar, Basil, Carrots, Chicken Breast, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Leeks, Mushrooms, Onion, Potatoes, Sugar, Tomato Paste</p>	<p>Tuna pasta bake with sweetcorn</p> <p>Balsamic Vinegar, Carrots, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Italian Seasoning, Onion, Salt, Sugar, Sunflower Oil, Sweetcorn, Tomato Paste, Tuna Chunks (Contains Fish)</p> <p>F</p>	<p>Chicken tikka masala served with basmati rice</p> <p>Basmati Rice, Carrots, Chicken Breast, Chopped Tomatoes, Coconut Milk, Coriander, Garam Masala, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock, Korma Curry Paste, Mango Chutney, Onion, Sunflower Oil</p>
Dessert	<p>Gluten Free Oat Flapjacks with fruit pieces</p> <p>Apple, Brown Sugar, Dairy Free Margarine, Gluten Free Oat Flakes, Golden Syrup, Peach, Pear</p>	<p>Fresh fruit selection</p> <p>Seasonal Fresh Fruit Pieces</p>	<p>Gluten & soya free Vegan cake</p> <p>Apple, Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Gluten & soya free Vegan cake</p> <p>Apple, Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>

Allergens Key

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|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| 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 |