


	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Lentil and chickpea dhal with basmati rice</p> <p>Ingredients:, Basmati Rice, Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Coriander, Cumin, Curry Powder (Contains Mustard), Ginger, Ground Black Pepper, Paprika</p> <p>M</p>	<p>Chickpea tagine with basmati rice</p> <p>Ingredients:, Basmati Rice, Onion, Chick Peas, Carrots, Green Beans, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Dill, Garlic, Gluten Free Flour, Lemon Juice, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Bay Leaves, Mixed Herbs - Dried, Ground Black Pepper, Turmeric</p>	<p>Beans and Leeks with Roasted potatoes</p> <p>Ingredients:, Potatoes, Carrots, Leeks, Mushrooms, Onion, Tomato Paste, Beans, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Basil, Garlic</p>	<p>Vegetarian pasta bake with sweetcorn and chickpeas</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Tomato Paste, Carrots, Chick Peas, Sweetcorn, Onion, Sunflower Oil, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning</p> <p>SD</p>	<p>Tikka masala with beans served with basmati rice</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Carrots, Beans, Onion, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger</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


Dessert	Gluten & soya free Vegan cake	Fresh fruit selection	Gluten & soya free Vegan cake	Fresh fruit	Gluten & soya free Vegan cake
	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Ingredients: , Seasonal Fresh Fruit Pieces	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Ingredients: , Fresh Fruit	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon


Allergens Key


-  Dairy



 Eggs


 Soy Beans


 Mustard


 Lupin


 Crustaceans


 Peanuts
-  Gluten


 Fish

 Nuts

 Sesame Seeds

 Mollusc

 Celery

 Sulphur Dioxide