





	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</p>	<p>Lentil pasta salad</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), 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>Chickpea rice</p> <p>Ingredients:, Basmati Rice, 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>Potatoes with roasted beans and fresh vegetables</p> <p>Ingredients:, Potatoes, Cucumber, Tomatoes, Lettuce, Mixed Beans, Olive Oil, Lemon Juice, Coriander, Cumin, Garlic, Ground Black Pepper, Mixed Herbs - Dried, Paprika, Parsley, Basil</p>	<p>Jacket potatoes with baked beans and gluten free veggie round</p> <p>Ingredients:, Jacket Potatoes, Baked Beans In Tomato Sauce, Gluten Free Vegetable Round (Potatoes, Sunflower Oil, Salt)</p>
Dessert	<p>Fresh fruit</p> <p>Ingredients:, Seasonal Fresh Fruit Pieces</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Stewed apples and raisins</p> <p>Ingredients:, Apple, Raisin, Cinnamon, Vanilla, Pinch Of Sugar</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</p>


Allergens Key


-  Dairy



 Eggs


 Soy Beans


 Mustard


 Lupin


 Crustaceans


 Peanuts
-  Gluten


 Fish

 Nuts

 Sesame Seeds

 Mollusc

 Celery

 Sulphur Dioxide