

| | 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 herby couscous</p> <p>Bay Leaves, Beef Mince, 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>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, Egg Free Fusilli (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Italian Seasoning, Onion, Salt, Sugar, Sunflower Oil, Sweetcorn, Tomato Paste, Tuna Chunks (Contains Fish)</p> <p>G 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>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