

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>100% Cod fillet fish cakes with diced carrots and sauteed potatoes</p> <p>Carrots, Cod Fillet Fish Cakes (Contains: Gluten, Fish), Sauteed Potatoes, Sunflower Oil</p> <p>G F</p>	<p>Winter vegetable Pie</p> <p>Bay Leaves, Cabbage, Carrots, Cumin, Garlic, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Lentils, Onion, Parsley, Potatoes, Salt, Vinegar</p>	<p>Dairy free Cauliflower "cheese"</p> <p>Cauliflower, Coconut Milk, Dairy Free Margarine, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Mustard, Salt</p> <p>M</p>	<p>Beef chilli con carne with kidney beans served with basmati rice</p> <p>Baked Beans In Tomato Sauce, Beef Mince, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Salt, Smoked Paprika, Sugar, Sunflower Oil, Sweetcorn</p>	<p>Vegetarian bolognese with garden peas served with gluten free pasta</p> <p>Black Pepper, Carrots, Chopped Tomatoes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Green Lentils, Onion, Oregano, Salt, Sugar, Sunflower Oil</p>
Dessert	<p>Soya yoghurt</p> <p>Soya Yoghurt (Contains Soybeans)</p> <p>SB</p>	<p>Berry flapjacks</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Dairy Free Margarine, Golden Syrup, Porridge Oats (Contains Oat & Gluten), Raspberries, Redcurrants, Strawberries</p> <p>G</p>	<p>Fresh fruit salad</p> <p>Honeydew Melon, Oranges, Pineapple, Red Apple, Sugar</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>Fresh fruit</p> <p>Seasonal Fresh Fruit Pieces</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