

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free fish fingers with diced carrots and sauteed potatoes</p> <p>Diced Carrots, Gluten Free Fish Fingers (Contains Fish), Sauteed Potatoes</p> <p>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>Cauliflower cheese</p> <p>Cauliflower, Dairy Free Margarine, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Grated Cheddar Cheese (Contains Milk), Ground Black Pepper, Milk (Contains: Milk), Mustard, Salt</p> <p>D 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>Fresh fruit</p> <p>Seasonal Fresh Fruit Pieces</p>	<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 salad</p> <p>Honeydew Melon, Oranges, Pineapple, Red Apple, Sugar</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>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