

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Lentil and chickpea dhal with herby couscous</p> <p>Carrot, Chick Peas, Chopped Tomatoes, Coconut Milk, Coriander, Cous Cous (Contains Gluten), Cumin, Curry Powder, Ginger, Ground Black Pepper, Lentils, Onion, Paprika, Potato, Salt, Sunflower Oil, Turmeric</p> <p>G</p>	<p>Vegetarian chilli con carne with red kidney beans, served with basmati rice and fresh raw veggies</p> <p>Baked Beans In Tomato Sauce, Basmati Rice, Chopped Tomatoes, Fajita Seasoning, Gluten Free Low Salt Vegetable Stock, Green Peppers, Kidney Beans, Mixed Herbs - Dried, Onions, Red Lentils, Red Peppers, Sunflower Oil, Sweetcorn, Yellow Peppers</p>	<p>Cannellini beans and diced baby vegetables in a creamy sauce with egg free noodles</p> <p>Basil, Cannellini Beans, Carrot, Coconut Milk, Coriander, Egg Free Noodles (Contains Gluten), Garden Peas, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Leeks, Parsnips, Sunflower Oil, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Roasted vegetable pasta bake with fresh raw veggies</p> <p>Aubergines, Chopped Tomatoes, Courgettes, Diced Carrots, Egg Free Fusilli (Contains Gluten), Garlic Puree, Gluten Free Low Salt Vegetable Stock, Green Peppers, Lentils, Onion, Red Peppers, Yellow Peppers</p> <p>G</p>	<p>Mixed bean and potato Pie</p> <p>Baked Beans In Tomato Sauce, Butter Beans, Cannellini Beans, Carrots, Cumin, Garlic, Ground Black Pepper, Onion, Peppers, Raw Veggies, Rosemary, Salt, Sauteed Potatoes, Sunflower Oil, Sweetcorn, Tomato Paste</p>
Dessert	<p>Vegan, soya free flapjacks</p> <p>Apple, Brown Sugar, Dairy Free Sunflower Spread, Golden Syrup, Peach, Porridge Oats, Sugar</p> <p>G</p>	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Oaty mixed berry pudding</p> <p>Brown Sugar, Cinnamon, Coconut Milk, Honey, Mixed Berry, Oat Flakes</p> <p>G</p>

Allergens Key

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|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| 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 |

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- | | | | | | | |
|--|--|---|--|---|---|---|
|  Dairy |  Eggs |  Soy Beans |  Mustard |  Lupin |  Crustaceans |  Peanuts |
|  Gluten |  Fish |  Nuts |  Sesame Seeds |  Mollusc |  Celery |  Sulphur Dioxide |