

	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>Chickpea tagine with herby couscous</p> <p>Bay Leaves, Carrots, Chick Peas, 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, Single Cream (Contains Milk), Turmeric</p> <p>G D</p>	<p>Butter beans and Leeks with Roasted potatoes</p> <p>Balsamic Vinegar, Basil, Butter Beans, Carrots, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Leeks, Mushrooms, Onion, Potatoes, Sugar, Tomato Paste</p>	<p>Vegetarian pasta bake with sweetcorn and chickpeas</p> <p>Balsamic Vinegar, Carrots, Chick Peas, Chopped Tomatoes, Egg Free Fusilli (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Grated Cheddar Cheese (Contains Milk), Italian Seasoning, Onion, Salt, Sugar, Sunflower Oil, Sweetcorn, Tomato Paste</p> <p>G D</p>	<p>Tikka masala with cannellini beans Served with basmati rice</p> <p>Basmati Rice, Cannellini Beans, Carrots, Chopped Tomatoes, Coriander, Garam Masala, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock, Korma Curry Paste, Mango Chutney, Olive Oil, Onion, Single Cream (Contains Milk)</p> <p>D</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>Fruit yoghurt</p> <p>Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar</p> <p>D</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

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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 |