

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<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><b>G F</b></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><b>M</b></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>
<b>Dessert</b>	<p>Soya yoghurt</p> <p>Soya Yoghurt (Contains Soybeans)</p> <p><b>SB</b></p>	<p>Berry flapjacks</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Dairy Free Margarine, Golden Syrup, Porridge Oats (Contains Oat &amp; Gluten), Raspberries, Redcurrants, Strawberries</p> <p><b>G</b></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><b>G</b></p>	<p>Fresh fruit</p> <p>Seasonal Fresh Fruit Pieces</p>

## Allergens Key

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|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| <b>D</b> Dairy  | <b>E</b> Eggs | <b>SB</b> Soy Beans | <b>M</b> Mustard       | <b>L</b> Lupin   | <b>C</b> Crustaceans | <b>P</b> Peanuts          |
| <b>G</b> Gluten | <b>F</b> Fish | <b>N</b> Nuts       | <b>SS</b> Sesame Seeds | <b>M</b> Mollusc | <b>C</b> Celery      | <b>SD</b> Sulphur Dioxide |