

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Lentil and chickpea dhal with basmati rice</p> <p>Ingredients:, Basmati Rice, Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Coriander, Cumin, Curry Powder (Contains Mustard), Ginger, Ground Black Pepper, Paprika</p> <p>M</p>	<p>Chickpea tagine with herby couscous</p> <p>Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Onion, Chick Peas, Carrots, Green Beans, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Dill, Garlic, Gluten Free Flour, Lemon Juice, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Bay Leaves, Mixed Herbs - Dried, Ground Black Pepper, Turmeric</p> <p>G</p>	<p>Beans and Leeks with Roasted potatoes</p> <p>Ingredients:, Potatoes, Carrots, Leeks, Mushrooms, Onion, Tomato Paste, Beans, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Basil, Garlic</p>	<p>Vegan pasta bake with sweetcorn and chickpeas</p> <p>Ingredients:, Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten), Chopped Tomatoes, Tomato Paste, Carrots, Chick Peas, Sweetcorn, Onion, Sunflower Oil, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning</p> <p>G SD</p>	<p>Tikka masala with beans served with basmati rice</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Carrots, Beans, Onion, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger</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

Dessert	<p>Chocolate and cinnamon flapjacks</p> <p>Ingredients: Porridge Oats (Contains Oat & Gluten), Apple, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar, Cocoa Powder, Cinnamon</p> <p>G</p>	<p>Fresh fruit selection</p> <p>Ingredients: Seasonal Fresh Fruit Pieces</p>	<p>Vegan, soya free cake</p> <p>Ingredients: Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> <p>G</p>	<p>Fruit compote</p> <p>Ingredients: Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar</p>	<p>Vegan, soya free cake</p> <p>Ingredients: Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> <p>G</p>
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