

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<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>Beef tagine with herby couscous</p> <p>Bay Leaves, Beef Mince, 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><b>G D</b></p>	<p>Chicken and Leeks with Roasted potatoes</p> <p>Balsamic Vinegar, Basil, Carrots, Chicken Breast, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Leeks, Mushrooms, Onion, Potatoes, Sugar, Tomato Paste</p>	<p>Tuna pasta bake with sweetcorn</p> <p>Balsamic Vinegar, Carrots, 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, Tuna Chunks (Contains Fish)</p> <p><b>G F D</b></p>	<p>Chicken tikka masala served with basmati rice</p> <p>Basmati Rice, Carrots, Chicken Breast, Chopped Tomatoes, Coriander, Garam Masala, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock, Korma Curry Paste, Mango Chutney, Onion, Single Cream (Contains Milk), Sunflower Oil</p> <p><b>D</b></p>
<b>Dessert</b>	<p>Chocolate and cinnamon flapjacks</p> <p>Apple, Brown Sugar, Cinnamon, Cocoa Powder, Dairy Free Margarine, Golden Syrup, Porridge Oats (Contains Oat &amp; Gluten)</p> <p><b>G</b></p>	<p>Fresh fruit selection</p> <p>Seasonal Fresh Fruit Pieces</p>	<p>Marble Cake</p> <p>Butter (Contains: Milk), Chocolate Powder, Egg, Gluten Free Baking Powder, Milk (Contains: Milk), Soya Flour, Sugar, Vanilla, Wheat Flour (Contains Gluten)</p> <p><b>G E SB D</b></p>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar</p> <p><b>D</b></p>	<p>Butternut Squash Cake</p> <p>Butternut Squash, Egg, Gluten Free Baking Powder, Golden Syrup, Milk (Contains: Milk), Pinch Of Salt, Soya Flour, Sugar, Sunflower Oil, Wheat Flour (Contains Gluten)</p> <p><b>G E SB D</b></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

## 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 |