


	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free fish fingers with seasonal mixed vegetables and baby new jacket potatoes</p> <p>Baby Jacket Potatoes, Broad Beans, Carrots, Garden Peas, Gluten Free Fish Fingers (Contains Fish), Sweetcorn</p> <p>F</p>	<p>Vegetarian goulash with smoked paprika served with basmati rice</p> <p>Butter Beans, Carrots, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Olive Oil, Onion, Red Peppers, Smoked Paprika, Thyme, Tomato Puree</p>	<p>Moroccan chicken tagine with apricots and courgettes served with basmati rice</p> <p>Apricot Sulphur Dioxide, Basmati Rice, Chick Peas, Chicken Breast, Chopped Tomatoes, Cinnamon, Courgettes, Cumin, Diced Carrots, Garlic Puree, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Peppers, Mixed Herbs - Dried, Mixed Peppers, Onion, Red Peppers, Turmeric, Yellow Peppers</p> <p>SD</p>	<p>Slow cooked beef stew with mushrooms served with crunchy diced potatoes</p> <p>Chopped Tomatoes, Diced Beef, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mushrooms, Onion, Parsnips, Potatoes, Raw Veggies, Swedes, Turnips</p> <p>C</p>	<p>Chicken pasta bake in a rich tomato sauce with sweetcorn</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Carrots, Sweetcorn, Chicken Breast, Onion, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Basil, Garlic</p> <p>SD</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>Fruit compote</p> <p>Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fruit compote</p> <p>Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fresh fruit</p> <p>Ingredients:, Seasonal Fresh Fruit Pieces</p>

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-  Gluten

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