

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes and baked beans with vegetarian nuggets</p> <p>Baked Beans In Tomato Sauce, Jacket Potatoes, <b>Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour,yeast, Salt, Sunflower Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric)</b></p> <p><b>G</b></p>	<p>Winter vegetables with chickpeas and egg free noodles served with a cauliflower coulis</p> <p>Cauliflower, Chick Peas, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Olive Oil, Onion, Parsley, Peppers, Plum Sauce, Sweetcorn, Tomato Paste</p> <p><b>G</b></p>	<p>Baked pasta with mediterranean vegetables</p> <p>Chopped Tomatoes, Courgettes, Diced Carrots, <b>Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten)</b>, Garlic Puree, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Peppers, Ground Black Pepper, Onion, Red Lentils, Red Peppers, Sweetcorn, Yellow Peppers</p> <p><b>G</b></p>	<p>Sweet and sour veggies with pepper and bite sized tasty pineapple served with egg free noodles</p> <p>Cornflour, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Lemon Juice, Mixed Peppers, Onion, Paprika, Pineapple, Vinegar</p> <p><b>G</b></p>	<p>Smoked paprika butter beans with a tomato sauce served with basmati rice</p> <p><b>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite)</b>, Basil, Basmati Rice, Butter Beans, Carrots, Chopped Tomatoes, Courgettes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Onion, Peppers, Smoked Paprika, Sunflower Oil, Thyme, Tomato Paste</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

Fruit compote

**Ingredients:**, Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar

Vegan, soya free cake

**Ingredients:**, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



Fresh fruit

**Ingredients:**, Fresh Fruit

Rice Krispie Apricot slice

Dairy Free Margarine, Dried Apricots, Golden Syrup, **Oat Flakes (Contains Oat & Gluten)**, Raisins, **Rice Krispies (Rice, Sugar, Barley Extract, Salt - Contains Barley)**



Vegan, soya free cake

**Ingredients:**, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



Allergens Key



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur Dioxide