

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Ratatouille with chickpeas and parsley rice</p> <p><b>Ingredients:</b>, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Olive Oil, Basil, Parsley, Thyme, Ground Black Pepper, Garlic</p>	<p>Hungarian beef paprika sauce and mash</p> <p><b>Ingredients:</b>, Potatoes, <b>Stewpack (Onion, Carrots, Turnip, Swede, Celery)</b>, Carrots, Onion, Beef Mince, <b>Single Cream (Contains Milk), Butter (Contains: Milk)</b>, Tomato Puree, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper</p> <p><b>(D) (C)</b></p>	<p>Hoisin Chicken with rice</p> <p><b>Ingredients:</b>, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Chicken Breast, Olive Oil, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b></p> <p><b>(SB)</b></p>	<p>Sweet and sour Asian beans with gluten free pasta</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b>, Garlic</p> <p><b>(SB)</b></p>	<p>Tuna pasta salad with mayo</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), <b>Mayonnaise (Rapeseed Oil, Water, Vinegar, Egg, Sugar, Salt, Thickener (Xanthan Gum))</b>, Sweetcorn, Peppers, <b>Natural Yoghurt (Contains Milk)</b>, <b>Tuna Chunks (Contains Fish)</b>, Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper</p> <p><b>(E) (F) (D) (M)</b></p>
<b>Dessert</b>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fresh melon slices</p> <p><b>Ingredients:</b>, Honeydew Melon</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, 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><b>Ingredients:</b>, Fresh Fruit</p>

**Allergens Key**

- (D)** Dairy

**(E)** Eggs

**(SB)** Soy Beans

**(M)** Mustard

**(L)** Lupin

**(P)** Peanuts
- (G)** Gluten

**(F)** Fish

**(N)** Nuts






**(SS)** Sesame Seeds

**(M)** Mollusc

**(C)** Celery

**(SD)** Sulphur Dioxide

Allergens Key

-  Dairy
-  Eggs
-  Soy Beans
-  Mustard
-  Lupin
-  Crustaceans
-  Peanuts
-  Gluten
-  Fish
-  Nuts
-  Sesame Seeds
-  Mollusc
-  Celery
-  Sulphur Dioxide