

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free fish fingers with baked beans and sauteed potatoes</p> <p>Baked Beans In Tomato Sauce, Gluten Free Fish Fingers (Contains Fish), Sauteed Potatoes</p> <p><b>F</b></p>	<p>Chick pea and sweetcorn salad with gluten free pasta</p> <p>Carrots, Cauliflower, Chick Peas, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Mixed Herbs, Olive Oil, Onion, Oregano, Parsley, Peppers, Plum Sauce, Sweetcorn, Tomato Paste</p>	<p>Mediterranean vegetable tagine with crunchy roast potatoes Side of fresh raw veggies</p> <p>Aubergine, Broccoli, Carrot, Chopped Tomatoes, Green Lentils, Italian Seasoning, Mixed Peppers, Olive Oil, Onion, Potatoes, Salt, Smoked Paprika, Sugar, Sweetcorn</p>	<p>Roast chicken with green bean with gluten free vegetable couscous</p> <p>Carrots, Chicken Breast, Chopped Tomatoes, Gluten Free Couscous, Gluten Free Low Salt Vegetable Stock, Green Beans, Italian Seasoning, Mixed Herbs, Mixed Peppers, Mixed Vegetable, Onions, Sunflower Oil</p>	<p>Beef pieces in a light hoisin sauce and oven roasted courgette with gluten free pasta and fresh raw veggies</p> <p>Basil, Beef Diced, Carrots, Courgettes, Garden Peas, Garlic, Gluten Free Pasta, Ground Black Pepper, Onion, Paprika, Salt, Sugar, Sunflower Oil, Thyme, Tomato Paste</p>
Dessert	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Vegan, gluten free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Low Fat Yoghurt (Contains Milk), Sugar</p> <p><b>D</b></p>	<p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</p>	<p>Mixed fruit compote</p> <p>Apple, Brown Sugar, Cinnamon, Peach, Pear, Vanilla</p>

### 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 |