

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Root vegetable Casserole served with basmati rice</p> <p>Ingredients:, Basmati Rice, Carrots, Potatoes, Turnips, Swedes, Onion, Celery, Garden Peas, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Gluten Free Flour, Ground Black Pepper, Mixed Herbs - Dried, Parsley, Rosemary, Thyme, Turmeric</p> <p>C</p>	<p>Beef Milano Macaroni</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Carrots, Turnips, Swedes, Onion, Celery, Garden Peas, Mushrooms, Parsnips, Beef Mince, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Basil, Garlic, Ground Black Pepper, Oregano</p> <p>C</p>	<p>Italian ragu with spinach and chicken pieces served with basmati rice</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Carrots, Garden Peas, Spinach, Chicken Breast, Onion, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Basil, Garlic</p>	<p>Fish fingers & cauliflower sauce with potatoes</p> <p>Ingredients:, Potatoes, Cauliflower, Courgettes, Cod Fish, Sweetcorn, Onion, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Vinegar, Dill, Garlic</p> <p>F</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>
Dessert	<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>Gluten free Date and Raisin Granola with Coconut milk</p> <p>Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Date, Gluten Free Oat Flakes, Golden Syrup, Raisins, Sunflower Oil</p>	<p>Fresh orange slices</p> <p>Ingredients:, Oranges</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>Forest fruit compote</p> <p>Ingredients:, Apple, Peach, Pear, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</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

 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