

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Root vegetable Casserole served with basmati rice</p> <p>Basmati Rice, Carrots, Celery, Coconut Milk, Garden Peas, Garlic, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Mixed Herbs - Dried, Onion, Parsley, Parsnips, Potatoes, Rosemary, Salt, Thyme, Turmeric</p> <p><b>C</b></p>	<p>Beef Milano Spaghetti</p> <p>Basil, Beef Mince, Carrots, Celery, Chopped Tomatoes, Coconut Milk, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Ground Black Pepper, Mushrooms, Onion, Oregano, Parsnips, Salt, Swedes, Turnips</p> <p><b>C</b></p>	<p>Italian ragu with spinach and chicken pieces served with basmati rice</p> <p>Basil, Basmati Rice, Carrots, Chicken Breast, Chopped Tomatoes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Salt, Spinach, Sunflower Oil</p>	<p>Fish pie with twist</p> <p>Cauliflower, Cod Fish, Courgettes, Dill, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Potato, Sweetcorn, Vinegar</p> <p><b>F</b></p>	<p>Chicken pasta bake in a rich tomato sauce with sweetcorn</p> <p>Balsamic Vinegar, Basil, Carrots, Chicken Breast, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Onion, Salt, Sunflower Oil, Sweetcorn</p>
Dessert	<p>Gluten &amp; soya free Vegan cake</p> <p>Apple, Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Gluten free Date and Raisin Granola with Coconut milk</p> <p>Coconut Milk, Date, Gluten Free Oat Flakes, Golden Syrup, Raisins, Sunflower Oil</p>	<p>Fresh orange slices</p> <p>Oranges</p>	<p>Gluten &amp; soya free Vegan cake</p> <p>Apple, Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Forest fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Peach, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</p>

## Allergens Key

<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