
















	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free Veggie Bars with baked beans and jacket potatoes</p> <p>Baked Beans In Tomato Sauce, Gluten Free Veggie Bars, Jacket Potatoes</p>	<p>South Asian veggie curry served with basmati rice</p> <p>Basmati Rice, Chick Peas, Chopped Tomatoes, Coconut Milk, Coriander, Diced Carrots, Garam Masala, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock, Korma Curry Paste, Mango Chutney, Onion, Sunflower Oil, Sweetcorn</p>	<p>Gluten free falafel balls with root vegetables served with gluten free pasta</p> <p>Carrots, Celery, Chopped Tomatoes, Garlic, Gluten Free Falafel Balls With Chickpeas, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Onion, Salt, Sunflower Oil, Swedes, Thyme, Turnips</p> <p></p>	<p>Mediterranean yellow rice salad with chickpeas</p> <p>Baby Carrots, Basil, Basmati Rice, Chick Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Green Peppers, Ground Black Pepper, Mixed Herbs - Dried, Parsley, Pinch Of Salt, Red Peppers, Sweetcorn, Turmeric, Yellow Peppers</p>	<p>Veggie round and garden peas served with potato wedges</p> <p>Garden Peas, Gluten Free Vegetable Round, Potato Wedges</p>
Dessert	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Gluten & 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>Dairy Free Vanilla Rice Pudding</p> <p>Coconut Milk, Pudding Rice, Sugar, Vanilla Flavouring</p>	<p>Fresh melon slices</p> <p>Honeydew Melon</p>	<p>Apple and Raisin Compote</p> <p>Apple, Brown Sugar, Cinnamon, Raisins, Vanilla Flavouring</p>

Allergens Key

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