

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Root vegetable Casserole served with herby couscous</p> <p>Carrots, Celery, Coconut Milk, Cous Cous (Contains Gluten), 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>G</b> <b>C</b></p>	<p>Veggie Milano Spaghetti</p> <p>Basil, Carrots, Celery, Chopped Tomatoes, Coconut Milk, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Green Lentils, Ground Black Pepper, Mushrooms, Onion, Oregano, Parsnips, Salt, Spaghetti Pasta (Contains Gluten), Swedes, Turnips</p> <p><b>G</b> <b>C</b></p>	<p>Italian ragu with spinach and butter beans served with basmati rice</p> <p>Basil, Basmati Rice, Butter Beans, Carrots, Chopped Tomatoes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Salt, Spinach, Sunflower Oil</p>	<p>Veggie pie with twist</p> <p>Cannellini Beans, Cauliflower, Courgettes, Dill, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Potato, Sweetcorn, Vinegar</p>	<p>Vegetable pasta bake in a rich tomato sauce with sweetcorn</p> <p>Balsamic Vinegar, Basil, Carrots, Chopped Tomatoes, Egg Free Fusilli (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Red Lentils, Salt, Sunflower Oil, Sweetcorn</p> <p><b>G</b></p>
<b>Dessert</b>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p><b>G</b></p>	<p>Date and Raisin Granola with Coconut milk</p> <p>Coconut Milk, Date, Golden Syrup, Porridge Oats (Contains Oat &amp; Gluten), Raisins, Sunflower Oil</p> <p><b>G</b></p>	<p>Fresh orange slices</p> <p>Oranges</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p><b>G</b></p>	<p>Soya yoghurt</p> <p>Soya Yoghurt (Contains Soybeans)</p> <p><b>SB</b></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