

	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, Coriander, Diced Carrots, Garam Masala, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock, Korma Curry Paste, Mango Chutney, Onion, Single Cream (Contains Milk), Sunflower Oil, Sweetcorn</p> <p>D</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>C</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>Fruit yoghurt</p> <p>Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar</p> <p>D</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>Vanilla Rice Pudding</p> <p>Milk (Contains: Milk), Pudding Rice, Skimmed Milk Powder, Sugar, Vanilla Flavouring</p> <p>D</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