

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Vegetarian nuggets and baked beans with jacket potatoes</p> <p>Baked Beans In Tomato Sauce, Jacket Potatoes, Vegetarian Nuggets (Contains Gluten)</p> <p><b>G</b></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><b>D</b></p>	<p>Veggie balls with root vegetables served with noodles</p> <p>Carrots, Celery, Chopped Tomatoes, Egg Free Noodles (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Salt, Sunflower Oil, Swedes, Thyme, Turnips, Veggie Balls (Contains: Gluten)</p> <p><b>G C</b></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>Vegetarian Sausage and garden peas served with potato wedges</p> <p>Garden Peas, Potato Wedges, Vegetarian Sausages (Contains Gluten)</p> <p><b>G</b></p>
<b>Dessert</b>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar</p> <p><b>D</b></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>Vanilla Rice Pudding</p> <p>Milk (Contains: Milk), Pudding Rice, Skimmed Milk Powder, Sugar, Vanilla Flavouring</p> <p><b>D</b></p>	<p>Fresh melon slices</p> <p>Honeydew Melon</p>	<p>Apple and Raisin Crumble</p> <p>Apple, Brown Sugar, Cinnamon, Dairy Free Margarine, Oat Flakes (Contains Oat &amp; Gluten), Raisins, Salt, Vanilla Flavouring, Wheat Flour (Contains Gluten)</p> <p><b>G</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