

	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 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, Ground Black Pepper, Mushrooms, Onion, Oregano, Parsnips, Pasta (Contains Gluten), Salt, Swedes, Turnips</p> <p><b>G 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 Bites (Contains: Gluten, Fish), Courgettes, Dill, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Potato, Sweetcorn, Vinegar</p> <p><b>G F</b></p>	<p>Chicken pasta bake in a rich tomato sauce with sweetcorn</p> <p>Balsamic Vinegar, Basil, Carrots, Chicken Breast, Chopped Tomatoes, Egg Free Penne (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Grated Cheddar Cheese (Contains Milk), Onion, Salt, Sunflower Oil, Sweetcorn</p> <p><b>G D</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 with Natural Yoghurt</p> <p>Date, Golden Syrup, Natural Yoghurt (Contains Milk), Porridge Oats (Contains Oat &amp; Gluten), Raisins, Sunflower Oil</p> <p><b>G D</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>Fruit yoghurt</p> <p>Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar</p> <p><b>D</b></p>

Allergens Key

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|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| <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 |