

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Falafel balls with fresh carrot, cucumber stick and baby potatoes</p> <p>Potatoes, Falafel Balls (Chick Peas, Onion, Rapeseed Oil, Wheat Flour, Cumin, Garlic, Salt, Coriander, Chilli Powder, Lemon Juice, Black Pepper, Turmeric), Cucumber, Carrots, Olive Oil, Rosemary</p> <p>G</p>	<p>Roasted chicken and fresh veggies with wrap</p> <p>Ingredients:, Wrap (Contains Wheat, Gluten), Chicken Breast, Cucumber, Tomatoes, Onion, Olive Oil, Garlic, Mixed Herbs - Dried, Paprika</p> <p>G</p>	<p>Soya noodles salad with lentils, mushroom, sweetcorn and green beans</p> <p>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Wheat Flour (Contains Gluten), Carrots, Green Beans, Mushrooms, Sweetcorn, Lentils, Lemon Juice, Olive Oil, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Vinegar, Garlic, Parsley</p> <p>G SB</p>	<p>Chicken nuggets with grated carrots and garlic bread</p> <p>Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Chicken Nuggets (Contains: Gluten), Chicken, Wheat Flour, Sunflower Oil, Potato Starch, Yeast, Grated Carrots</p> <p>G</p>	<p>Chickpea and bulgur salad</p> <p>Ingredients:, Bulgar Wheat (Contains Gluten), Carrots, Sweetcorn, Chick Peas, Onion, Olive Oil, Lemon Juice, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper, Parsley, Paprika</p> <p>G</p>

Allergens Key

D Dairy **E** Eggs **SB** Soy Beans **M** Mustard **G** Gluten **F** Fish **N** Nuts **SS** Sesame Seeds

L Lupin **C** Crustaceans **P** Peanuts **M** Mollusc **C** Celery **SD** Sulphur Dioxide

Dessert

Fruit yoghurt

Ingredients:, Natural
Yoghurt (Contains Milk),
Fruit Pureed, Pinch Of Sugar



Vegan, soya free cake

Ingredients:, Wheat Flour
(Contains Gluten), Apple,
Peach, Pear, Dairy Free
Margarine, Pinch Of Brown
Sugar, Gluten Free Baking
Powder, Bicarbonate Of
Soda, Cinnamon



Vegan, soya free cake

Ingredients:, Wheat Flour
(Contains Gluten), Apple,
Peach, Pear, Dairy Free
Margarine, Pinch Of Brown
Sugar, Gluten Free Baking
Powder, Bicarbonate Of
Soda, Cinnamon



Fresh melon slices

Ingredients:, Honeydew
Melon

Apple and Raisin Crumble

Wheat Flour (Contains
Gluten), **Breadcrumbs**
(Contains: Gluten), Apple,
Raisins, Vegetable Oil, Vanilla
Flavouring, Cinnamon, Pinch
Of Brown Sugar



Allergens Key



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



**Sulphur
Dioxide**