

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Cod fish goujons and baked beans served with jacket potatoes</p> <p>Baked Beans In Tomato Sauce, Fish Goujons (Contains Gluten, Fish), Jacket Potatoes</p> <p>G F</p>	<p>South Asian chicken curry served with basmati rice</p> <p>Basmati Rice, Chicken Breast, 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>Beef meatballs with root vegetables served with noodles</p> <p>Beef Meatballs (Contains: Gluten), Carrots, Celery, Chopped Tomatoes, Egg Free Noodles (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Salt, Sunflower Oil, Swedes, Thyme, Turnips</p> <p>G C</p>	<p>Mediterranean yellow rice salad with chicken pieces</p> <p>Baby Carrots, Basil, Basmati Rice, Chicken Breast, 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>G</p>
Dessert	<p>Fruit yoghurt</p> <p>Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar</p> <p>D</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>G</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 Crumble</p> <p>Apple, Brown Sugar, Cinnamon, Dairy Free Margarine, Oat Flakes (Contains Oat & Gluten), Raisins, Salt, Vanilla Flavouring, Wheat Flour (Contains Gluten)</p> <p>G</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