

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|---|--|---|---|
| Main | <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>G C</p> | <p>Veggie Milano Spaghetti</p> <p>Basil, Carrots, Celery, Chopped Tomatoes, Coconut Milk, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Green Lentils, Ground Black Pepper, Mushrooms, Onion, Oregano, Parsnips, Salt, Spaghetti Pasta (Contains Gluten), Swedes, Turnips</p> <p>G C</p> | <p>Italian ragu with spinach and butter beans served with basmati rice</p> <p>Basil, Basmati Rice, Butter Beans, Carrots, Chopped Tomatoes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Salt, Spinach, Sunflower Oil</p> | <p>Veggie pie with twist</p> <p>Cannellini Beans, Cauliflower, Courgettes, Dill, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Potato, Sweetcorn, Vinegar</p> | <p>Vegetable pasta bake in a rich tomato sauce with sweetcorn</p> <p>Balsamic Vinegar, Basil, Carrots, Chopped Tomatoes, Egg Free Fusilli (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Red Lentils, Salt, Sunflower Oil, Sweetcorn</p> <p>G</p> |
| Dessert | <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>Date and Raisin Granola with Coconut milk</p> <p>Coconut Milk, Date, Golden Syrup, Porridge Oats (Contains Oat & Gluten), Raisins, Sunflower Oil</p> <p>G</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>G</p> | <p>Soya yoghurt</p> <p>Soya Yoghurt (Contains Soybeans)</p> <p>SB</p> |

Allergens Key

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|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| 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 |