

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Ratatouille with chickpeas and parsley rice</p> <p><b>Ingredients:</b>, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Olive Oil, Basil, Parsley, Thyme, Ground Black Pepper, Garlic</p>	<p>Hungarian bean paprika sauce and mash</p> <p><b>Ingredients:</b>, Potatoes, <b>Stewpack (Onion, Carrots, Turnip, Swede, Celery)</b>, Carrots, Onion, Beans, <b>Single Cream (Contains Milk)</b>, <b>Butter (Contains: Milk)</b>, Tomato Puree, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper</p> <p><b>D C</b></p>	<p>Hoisin with lentils and rice</p> <p><b>Ingredients:</b>, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Lentils, Olive Oil, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b></p> <p><b>SB</b></p>	<p>Sweet and sour Asian beans with noodles</p> <p><b>Ingredients:</b>, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b>, Garlic</p> <p><b>G SB</b></p>	<p>Lentil pasta salad with mayo</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Mayonnaise (Rapeseed Oil, Water, Vinegar, Egg, Sugar, Salt, Thickener (Xanthan Gum), Sweetcorn, Peppers, <b>Natural Yoghurt (Contains Milk)</b>, Lentils, Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper</p> <p><b>G E D M</b></p>

## Allergens Key

<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

Dessert

Blackcurrant and apple  
cake

**Ingredients:**, Wheat Flour  
(With Calcium, Iron, Niacin,  
Thiamin), Soya Flour, Apple,  
Blackcurrants, **Butter**  
(Contains: Milk), Egg, Pinch  
Of Sugar, Cinnamon



Chocolate Muffins

**Ingredients:**, Wheat Flour  
(With Calcium, Iron, Niacin,  
Thiamin), Soya Flour,  
Chocolate Chips, **Butter**  
(Contains: Milk), Egg, Pinch  
Of Sugar, Bicarbonate Of  
Soda



Fresh melon slices

**Ingredients:**, Honeydew  
Melon

Peach Krispie Bite

**Ingredients:**, Oat Flakes  
(Contains Oat & Gluten),  
Rice Krispies (Rice, Sugar,  
Barley Extract, Salt), Peach,  
Dairy Free Margarine, Golden  
Syrup



Strawberry yoghurt

**Ingredients:**, Natural  
Yoghurt (Contains Milk),  
Strawberry Puree, Pinch Of  
Sugar



Allergens Key



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur  
Dioxide