

	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>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>G C</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>G F</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>G D</p>
Dessert	<p>Apple and cinnamon cake</p> <p>Apple, Cinnamon, Dried Egg, Skimmed Milk Powder, Sugar, Thickener (Xanthan Gum), Water, Wheat Flour (Contains Gluten)</p> <p>G E SB D</p>	<p>Date and Raisin Granola with with Natural Yoghurt</p> <p>Date, Golden Syrup, Natural Yoghurt (Contains Milk), Porridge Oats (Contains Oat & Gluten), Raisins, Sunflower Oil</p> <p>G D</p>	<p>Fresh orange slices</p> <p>Oranges</p>	<p>Orange and chocolate cake</p> <p>Butter (Contains: Milk), Chocolate Powder, Egg, Gluten Free Baking Powder, Milk (Contains: Milk), Oranges, Soya Flour, Sugar, Sunflower Oil, Wheat Flour (Contains Gluten)</p> <p>G E SB D</p>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar</p> <p>D</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