

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Root vegetable Casserole served with herby couscous</p> <p>Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Potatoes, Turnips, Swedes, Onion, Celery, Garden Peas, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Gluten Free Flour, Ground Black Pepper, Mixed Herbs - Dried, Parsley, Rosemary, Thyme, Turmeric</p> <p>G C</p>	<p>Beef Milano Macaroni</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Chopped Tomatoes, Carrots, Turnips, Swedes, Onion, Celery, Garden Peas, Mushrooms, Parsnips, Beef Mince, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Basil, Garlic, Ground Black Pepper, Oregano</p> <p>G C</p>	<p>Italian ragu with spinach and chicken pieces served with basmati rice</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Carrots, Garden Peas, Spinach, Chicken Breast, Onion, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Basil, Garlic</p>	<p>Fish fingers & cauliflower sauce with potatoes</p> <p>Ingredients:, Potatoes, Cauliflower, Courgettes, Cod Fillet Fish Fingers (Whitefish, Wheat Flour, Vegetable Oil, Yeast, Salt, Paprika, Curcumin, Turmeric), Sweetcorn, Onion, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Vinegar, Dill, Garlic</p> <p>G F</p>	<p>Chicken pasta bake in a rich tomato sauce with sweetcorn</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Chopped Tomatoes, Carrots, Sweetcorn, Chicken Breast, Grated Cheddar Cheese (Contains Milk), Onion, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Basil, Garlic</p> <p>G D SD</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

Dessert

Apple and cinnamon cake

Ingredients:, Wheat Flour (Contains Gluten), **Soya Flour**, Apple, Butter (Contains: Milk), Egg, Pinch Of Sugar, Cinnamon



Date and Raisin Granola with with Natural Yoghurt

Ingredients:, **Porridge Oats (Contains Oat & Gluten)**, **Natural Yoghurt (Contains Milk)**, Date, Raisins, Sunflower Oil, Golden Syrup



Fresh orange slices

Ingredients:, Oranges

Orange and chocolate cake

Ingredients:, Wheat Flour (Contains Gluten), **Soya Flour**, Oranges, Butter (Contains: Milk), Vegetable Oil, Egg, Dark Chocolate Chips, Pinch Of Sugar



Fruit yoghurt

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



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Sulphur Dioxide