

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Falafel balls with fresh carrot, cucumber stick and baby potatoes</p> <p>Potatoes, <b>Falafel Balls (Chick Peas, Onion, Rapeseed Oil, Wheat Flour, Cumin, Garlic, Salt, Coriander, Chilli Powder, Lemon Juice, Black Pepper, Turmeric)</b>, Cucumber, Carrots, Olive Oil, Rosemary</p> <p><b>G</b></p>	<p>Roasted chicken and fresh veggies with wrap</p> <p><b>Ingredients:</b>, <b>Wrap (Contains Wheat, Gluten)</b>, Chicken Breast, Cucumber, Tomatoes, Onion, Olive Oil, Garlic, Mixed Herbs - Dried, Paprika</p> <p><b>G</b></p>	<p>Soya noodles salad with lentils, mushroom, sweetcorn and green beans</p> <p><b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Wheat Flour (Contains Gluten), Carrots, Green Beans, Mushrooms, Sweetcorn, Lentils, Lemon Juice, Olive Oil, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b>, Vinegar, Garlic, Parsley</p> <p><b>G SB</b></p>	<p>Chicken nuggets with grated carrots and garlic bread</p> <p><b>Ingredients:</b>, <b>Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Chicken Nuggets (Contains: Gluten), Chicken, Wheat Flour, Sunflower Oil, Potato Starch, Yeast</b>, Grated Carrots</p> <p><b>G</b></p>	<p>Chickpea and bulgur salad</p> <p><b>Ingredients:</b>, Bulgar Wheat (Contains Gluten), Carrots, Sweetcorn, Chick Peas, Onion, Olive Oil, Lemon Juice, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper, Parsley, Paprika</p> <p><b>G</b></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

Fruit yoghurt

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



Pear and Ginger Cake

Wheat Flour (Contains  
Gluten), **Soya Flour**, **Milk**,  
Pear, Egg, Sunflower Oil,  
Gluten Free Baking Powder,  
Ginger, Pinch Of Sugar



Blueberry Muffin

**Ingredients:**, Wheat Flour  
(Contains Gluten), Cornflour,  
Blueberry, **Milk**, Egg, Pinch  
Of Sugar, Rapeseed Oil,  
Wheat Starch, **Soy Beans**



Fresh melon slices

**Ingredients:**, Honeydew  
Melon

Apple and Raisin Crumble

Wheat Flour (Contains  
Gluten), **Breadcrumbs**  
(Contains: **Gluten**), Apple,  
Raisins, Vegetable Oil, Vanilla  
Flavouring, Cinnamon, Pinch  
Of Brown Sugar



Allergens Key

- Dairy
 Eggs
 Soy Beans
 Mustard
 Lupin
 Crustaceans
 Peanuts
- Gluten
 Fish
 Nuts
 Sesame Seeds
 Mollusc
 Celery
 Sulphur Dioxide