

Monday Tuesday Wednesday **Thursday Friday** Falafel balls with fresh Roasted chicken and fresh Soya noodles salad with Chickpea and bulgur salad Main Chicken nuggets with carrot, cucumber stick and veggies with wrap lentils, mushroom, grated carrots and garlic baby potatoes sweetcorn and green beans bread **Ingredients:**, Bulgar Wheat (Contains Gluten), Carrots, Ingredients:, Wrap Sweetcorn, Chick Peas, (Contains Wheat, Gluten), Potatoes, Falafel Balls **Egg Free Noodles (Wheat** Ingredients:, Garlic Bread Onion, Olive Oil, Lemon Chicken Breast, Cucumber, (Chick Peas, Onion, Flour (With Calcium Wheat Flour, Margarine, Juice, Gluten Free Low Salt Tomatoes, Onion, Olive Oil, Garlic, Salt, Parsley, Yeast, Rapeseed Oil, Wheat Carbonate, Iron, Niacin, Garlic, Mixed Herbs - Dried, Vegetable Stock (Cornflour, Flour, Cumin, Garlic, Salt, Thiamin), Salt, Paprika -**Chicken Nuggets (Contains:** Potato Starch, Onion, Carrot, Coriander, Chilli Powder, Paprika Gluten), Chicken, Wheat Contains Gluten), Gluten Peas, Tomato Powder, Black Lemon Juice, Black Pepper, Free Low Salt Vegetable Flour, Sunflower Oil, Potato Pepper, Parsley, Turmeric, Starch, Yeast, Grated Turmeric), Cucumber, Stock (Cornflour, Potato 0 Salt), Mixed Herbs - Dried, Starch, Onion, Carrot, Peas, Carrots, Olive Oil, Rosemary Carrots Basil, Coriander, Cumin, Tomato Powder, Black Garlic, Ground Black Pepper, Pepper, Parsley, Turmeric, 0 G Parsley, Paprika Salt), Wheat Flour (Contains Gluten), Carrots, Green Beans, Mushrooms, 0 Sweetcorn, Lentils, Lemon Juice, Olive Oil, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Vinegar, Garlic, Parsley G SB

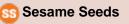
Allergens Key



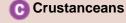














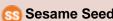
















Regular Adult Tea Week Two

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

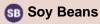


Allergens Key



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Fish

Nuts