

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

<p>Fruit yoghurt</p> <p>Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar</p> <p>D</p>	<p>Pear and Ginger Cake</p> <p>Wheat Flour (Contains Gluten), Soya Flour, Milk, Pear, Egg, Sunflower Oil, Gluten Free Baking Powder, Ginger, Pinch Of Sugar</p> <p>G E SB D</p>	<p>Blueberry Muffin</p> <p>Ingredients:, Wheat Flour (Contains Gluten), Cornflour, Blueberry, Milk, Egg, Pinch Of Sugar, Rapeseed Oil, Wheat Starch, Soy Beans</p> <p>G E SB D</p>	<p>Fresh melon slices</p> <p>Ingredients:, Honeydew Melon</p>	<p>Apple and Raisin Crumble</p> <p>Wheat Flour (Contains Gluten), Breadcrumbs (Contains: Gluten), Apple, Raisins, Vegetable Oil, Vanilla Flavouring, Cinnamon, Pinch Of Brown Sugar</p> <p>G</p>
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