

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Root vegetable Casserole served with basmati rice</p> <p>Ingredients:, Basmati Rice, 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>C</p>	<p>Veggie Milano Macaroni</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Carrots, Turnips, Swedes, Onion, Celery, Garden Peas, Mushrooms, Parsnips, Green Lentils, 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>C</p>	<p>Italian ragu with spinach and beans served with basmati rice</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Carrots, Garden Peas, Spinach, Beans, 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>Beans & cauliflower sauce with potatoes</p> <p>Potatoes, Cauliflower, Courgettes, Beans, 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>Vegetable pasta bake in a rich tomato sauce with sweetcorn</p> <p>Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Carrots, Sweetcorn, Red Lentils, 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>SD</p>
Dessert	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Gluten free Date and Raisin Granola with Coconut milk</p> <p>Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Date, Gluten Free Oat Flakes, Golden Syrup, Raisins, Sunflower Oil</p>	<p>Fresh orange slices</p> <p>Ingredients:, Oranges</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Forest fruit compote</p> <p>Ingredients:, Apple, Peach, Pear, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</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

Allergens Key

D Dairy	E Eggs	SB Soy Beans	M Mustard
G Gluten	F Fish	N Nuts	SS Sesame Seeds

L Lupin	C Crustaceans
M Mollusc	C Celery

P Peanuts
SD Sulphur Dioxide