











	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Gluten free Falafel balls with fresh carrot, cucumber stick and baby potatoes</p> <p><b>Ingredients:</b>, Potatoes, Gluten Free Falafel Balls (Chickpeas, Onion, Rapeseed Oil, Potato Flake, Garlic, Salt, Cumin, Coriander, Lemon Juice, Parsley, White Pepper), Lettuce, Cucumber, Olive Oil, Rosemary</p>	<p>Roast bean and fresh veggies with potatoes</p> <p><b>Ingredients:</b>, Potatoes, Mixed Beans, Cucumber, Tomatoes, Olive Oil, Onion, Garlic, Mixed Herbs - Dried, Paprika</p>	<p>Pasta salad with lentils, mushroom, sweetcorn and green beans</p> <p>Gluten Free Pasta (Cornflour, Rice Flour), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Flour, Carrots, Green Beans, Mushrooms, Sweetcorn, Lentils, Lemon Juice, Olive Oil, Vinegar, Garlic, Parsley</p>	<p>Gluten free Veggie Round with grated carrots and potatoes</p> <p><b>Ingredients:</b>, Potatoes, Gluten Free Vegetable Round (Potatoes, Sunflower Oil, Salt), Grated Carrots</p>	<p>Chickpea and rice 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>
<b>Dessert</b>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fresh melon slices</p> <p><b>Ingredients:</b>, Honeydew Melon</p>	<p>Apple and Raisin Compote</p> <p>Apple, Pinch Of Brown Sugar, Cinnamon, Raisins, Vanilla Flavouring</p>

## Allergens Key

 **Dairy**
 **Eggs**
 **Soy Beans**
 **Mustard**

 **Lupin**
 **Crustaceans**
 **Peanuts**

 **Gluten**
 **Fish**
 **Nuts**
 **Sesame Seeds**

 **Mollusc**
 **Celery**
 **Sulphur Dioxide**