

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Root vegetable Casserole served with herby couscous</p> <p><b>Ingredients:</b>, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, Carrots, Potatoes, Turnips, Swedes, Onion, <b>Celery</b>, 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><b>G C</b></p>	<p>Beef Milano Macaroni</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Chopped Tomatoes, Carrots, Turnips, Swedes, Onion, <b>Celery</b>, Garden Peas, Mushrooms, Parsnips, Beef Mince, 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><b>G C</b></p>	<p>Italian ragu with spinach and chicken pieces served with basmati rice</p> <p><b>Ingredients:</b>, Basmati Rice, Chopped Tomatoes, Carrots, Garden Peas, Spinach, Chicken Breast, 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>Fish fingers &amp; cauliflower sauce with potatoes</p> <p><b>Ingredients:</b>, Potatoes, Cauliflower, Courgettes, <b>Cod Fillet Fish Fingers (Whitefish, Wheat Flour, Vegetable Oil, Yeast, Salt, Paprika, Curcumin, Turmeric)</b>, 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><b>G F</b></p>	<p>Chicken pasta bake in a rich tomato sauce with sweetcorn</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Chopped Tomatoes, Carrots, Sweetcorn, Chicken Breast, Onion, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), <b>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite)</b>, Basil, Garlic</p> <p><b>G SD</b></p>

## Allergens Key

<b>D</b> Dairy	<b>E</b> Eggs	<b>SB</b> Soy Beans	<b>M</b> Mustard	<b>L</b> Lupin	<b>C</b> Crustaceans	<b>P</b> Peanuts
<b>G</b> Gluten	<b>F</b> Fish	<b>N</b> Nuts	<b>SS</b> Sesame Seeds	<b>M</b> Mollusc	<b>C</b> Celery	<b>SD</b> Sulphur Dioxide

Dessert	<p>Vegan, soya free cake</p> <p><b>Ingredients:</b>, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> <p><b>G</b></p>	<p>Date and Raisin Granola with Coconut milk</p> <p><b>Ingredients:</b>, <b>Porridge Oats (Contains Oat &amp; Gluten)</b>, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Date, Raisins, Sunflower Oil, Golden Syrup</p> <p><b>G</b></p>	<p>Fresh orange slices</p> <p><b>Ingredients:</b>, Oranges</p>	<p>Vegan, soya free cake</p> <p><b>Ingredients:</b>, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> <p><b>G</b></p>	<p>Fruit compote</p> <p><b>Ingredients:</b>, Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar</p>
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