

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Root vegetable Casserole served with herby couscous</p> <p>Carrots, Celery, Coconut Milk, Cous Cous (Contains Gluten), Garden Peas, Garlic, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Mixed Herbs - Dried, Onion, Parsley, Parsnips, Potatoes, Rosemary, Salt, Thyme, Turmeric</p> <p>G C</p>	<p>Beef Milano Spaghetti</p> <p>Basil, Beef Mince, Carrots, Celery, Chopped Tomatoes, Coconut Milk, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Mushrooms, Onion, Oregano, Parsnips, Pasta (Contains Gluten), Salt, Swedes, Turnips</p> <p>G C</p>	<p>Italian ragu with spinach and chicken pieces served with basmati rice</p> <p>Basil, Basmati Rice, Carrots, Chicken Breast, Chopped Tomatoes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Salt, Spinach, Sunflower Oil</p>	<p>Fish pie with twist</p> <p>Cauliflower, Cod Fish Bites (Contains: Gluten, Fish), Courgettes, Dill, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Potato, Sweetcorn, Vinegar</p> <p>G F</p>	<p>Chicken pasta bake in a rich tomato sauce with sweetcorn</p> <p>Balsamic Vinegar, Basil, Carrots, Chicken Breast, Chopped Tomatoes, Egg Free Fusilli (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Salt, Sunflower Oil, Sweetcorn</p> <p>G</p>
Dessert	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Date and Raisin Granola with Coconut milk</p> <p>Coconut Milk, Date, Golden Syrup, Porridge Oats (Contains Oat & Gluten), Raisins, Sunflower Oil</p> <p>G</p>	<p>Fresh orange slices</p> <p>Oranges</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Soya yoghurt</p> <p>Soya Yoghurt (Contains Soybeans)</p> <p>SB</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