

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Vegetarian nuggets and baked beans with jacket potatoes</p> <p>Baked Beans In Tomato Sauce, Jacket Potatoes, Vegetarian Nuggets (Contains Gluten)</p> <p><b>G</b></p>	<p>South Asian veggie curry served with basmati rice</p> <p>Basmati Rice, Chick Peas, Chopped Tomatoes, Coconut Milk, Coriander, Diced Carrots, Garam Masala, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock, Korma Curry Paste, Mango Chutney, Onion, Sunflower Oil, Sweetcorn</p>	<p>Veggie balls with root vegetables served with noodles</p> <p>Carrots, Celery, Chopped Tomatoes, Egg Free Noodles (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Salt, Sunflower Oil, Swedes, Thyme, Turnips, Veggie Balls (Contains: Gluten)</p> <p><b>G C</b></p>	<p>Mediterranean yellow rice salad with chickpeas</p> <p>Baby Carrots, Basil, Basmati Rice, Chick Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Green Peppers, Ground Black Pepper, Mixed Herbs - Dried, Parsley, Pinch Of Salt, Red Peppers, Sweetcorn, Turmeric, Yellow Peppers</p>	<p>Vegetarian Sausage and garden peas served with potato wedges</p> <p>Garden Peas, Potato Wedges, Vegetarian Sausages (Contains Gluten)</p> <p><b>G</b></p>
<b>Dessert</b>	<p>Soya yoghurt</p> <p>Soya Yoghurt (Contains Soybeans)</p> <p><b>SB</b></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><b>G</b></p>	<p>Dairy Free Vanilla Rice Pudding</p> <p>Coconut Milk, Pudding Rice, Sugar, Vanilla Flavouring</p>	<p>Fresh melon slices</p> <p>Honeydew Melon</p>	<p>Apple and Raisin Crumble</p> <p>Apple, Brown Sugar, Cinnamon, Dairy Free Margarine, Oat Flakes (Contains Oat &amp; Gluten), Raisins, Salt, Vanilla Flavouring, Wheat Flour (Contains Gluten)</p> <p><b>G</b></p>

## Allergens Key

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|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| <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 |