

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Root vegetable Casserole served with basmati rice</p> <p><b>Ingredients:</b>, Basmati Rice, 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>C</b></p>	<p>Beef Milano Macaroni</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), 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>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 Fish</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>F</b></p>	<p>Chicken pasta bake in a rich tomato sauce with sweetcorn</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Carrots, Sweetcorn, Chicken Breast, <b>Grated Cheddar Cheese (Contains Milk)</b>, 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>D SD</b></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

Dessert

Gluten & soya free Vegan cake	Gluten free Date and Raisin Granola with with Natural Yoghurt	Fresh orange slices	Gluten & soya free Vegan cake	Fruit yoghurt
<b>Ingredients:</b> , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Date, Gluten Free Oat Flakes, Golden Syrup, <b>Natural Yoghurt (Contains Milk)</b> , Raisins, Sunflower Oil	<b>Ingredients:</b> , Oranges	<b>Ingredients:</b> , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	<b>Ingredients:</b> , Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar
				

Allergens Key

-  Dairy
  Eggs
  Soy Beans
  Mustard
  Lupin
  Crustaceans
  Peanuts
-  Gluten
  Fish
  Nuts
  Sesame Seeds
  Mollusc
  Celery
  Sulphur Dioxide