

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Root vegetable Casserole served with basmati rice</p> <p>Basmati Rice, Carrots, Celery, Coconut Milk, 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>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, Gluten Free Pasta, Ground Black Pepper, Mushrooms, Onion, Oregano, Parsnips, Salt, Swedes, Turnips</p> <p>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, Courgettes, Dill, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Potato, Sweetcorn, Vinegar</p> <p>F</p>	<p>Chicken pasta bake in a rich tomato sauce with sweetcorn</p> <p>Balsamic Vinegar, Basil, Carrots, Chicken Breast, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Grated Cheddar Cheese (Contains Milk), Onion, Salt, Sunflower Oil, Sweetcorn</p> <p>D</p>
Dessert	<p>Gluten & soya free Vegan cake</p> <p>Apple, Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Gluten free Date and Raisin Granola with with Natural Yoghurt</p> <p>Date, Gluten Free Oat Flakes, Golden Syrup, Natural Yoghurt (Contains Milk), Raisins, Sunflower Oil</p> <p>D</p>	<p>Fresh orange slices</p> <p>Oranges</p>	<p>Gluten & soya free Vegan cake</p> <p>Apple, Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar</p> <p>D</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