













	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Root vegetable Casserole served with basmati rice</p> <p>Ingredients:, Basmati Rice, Carrots, Potatoes, Turnips, Swedes, Onion, Celery, 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></p>	<p>Veggie Milano Macaroni</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Carrots, Turnips, Swedes, Onion, Celery, Garden Peas, Mushrooms, Parsnips, Green Lentils, 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></p>	<p>Italian ragu with spinach and beans served with basmati rice</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Carrots, Garden Peas, Spinach, Beans, 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>Beans & cauliflower sauce with potatoes</p> <p>Potatoes, Cauliflower, Courgettes, Beans, 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>Vegetable pasta bake in a rich tomato sauce with sweetcorn</p> <p>Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Carrots, Sweetcorn, Red Lentils, Grated Cheddar Cheese (Contains Milk), Onion, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Basil, Garlic</p> <p> </p>

Allergens Key

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

Dessert

Gluten & soya free Vegan
cake

Ingredients:, Gluten Free
Flour, Apple, Peach, Pear,
Dairy Free Margarine, Pinch
Of Brown Sugar, Gluten Free
Baking Powder, Bicarbonate
Of Soda, Cinnamon

Gluten free Date and Raisin
Granola with with Natural
Yoghurt

Date, Gluten Free Oat Flakes,
Golden Syrup, **Natural
Yoghurt (Contains Milk)**,
Raisins, Sunflower Oil



Fresh orange slices

Ingredients:, Oranges

Gluten & soya free Vegan
cake

Ingredients:, Gluten Free
Flour, Apple, Peach, Pear,
Dairy Free Margarine, Pinch
Of Brown Sugar, Gluten Free
Baking Powder, Bicarbonate
Of Soda, Cinnamon

Fruit yoghurt

Ingredients:, **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