

|      | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|------|---|--|---|---|--|
| Main | <p>Root vegetable Casserole served with herby couscous</p> <p><b>Ingredients:</b>, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, 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>G C</b></p> | <p>Veggie Milano Macaroni</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Chopped Tomatoes, Carrots, Turnips, Swedes, Onion, <b>Celery</b>, 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><b>G C</b></p> | <p>Italian ragu with spinach and beans served with basmati rice</p> <p><b>Ingredients:</b>, 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 &amp; 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><b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Chopped Tomatoes, Carrots, Sweetcorn, Red Lentils, <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>G 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

Vegan, soya free cake

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



Date and Raisin Granola with with Natural Yoghurt

**Ingredients:**, Porridge Oats (Contains Oat & Gluten), Natural Yoghurt (Contains Milk), Date, Raisins, Sunflower Oil, Golden Syrup



Fresh orange slices

**Ingredients:**, Oranges

Vegan, soya free cake

**Ingredients:**, Wheat Flour (Contains Gluten), 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