

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free fish fingers with baked beans and potatoes</p> <p>Baked Beans In Tomato Sauce, Gluten Free Fish Fingers (Contains Fish), Potatoes</p> <p>F</p>	<p>Winter vegetables with chickpeas and gluten free pasta served with a cauliflower coulis</p> <p>Cauliflower, Chick Peas, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Olive Oil, Onion, Parsley, Peppers, Plum Sauce, Sweetcorn, Tomato Paste</p>	<p>Baked pasta with mediterranean vegetables and Tuna</p> <p>Chopped Tomatoes, Courgettes, Diced Carrots, Garlic Puree, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Green Peppers, Ground Black Pepper, Onion, Red Peppers, Sweetcorn, Tuna Chunks (Contains Fish), Yellow Peppers</p> <p>F</p>	<p>Sweet and sour veggies with pepper and bite sized tasty pineapple served with gluten free pasta</p> <p>Cornflour, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Green Lentils, Lemon Juice, Mixed Peppers, Onion, Paprika, Pineapple, Vinegar</p>	<p>Smoked paprika chicken with a tomato sauce served with basmati rice</p> <p>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Basil, Basmati Rice, Carrots, Chicken Breast, Chopped Tomatoes, Courgettes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Onion, Peppers, Smoked Paprika, Sunflower Oil, Thyme, Tomato Paste</p>
Dessert	<p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</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

Allergens Key

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