

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Cod fish goujons and baked beans served with potatoes</p> <p>Baked Beans In Tomato Sauce, Fish Goujons (Contains Gluten, Fish), Potatoes</p> <p>G F</p>	<p>South Asian chicken curry served with basmati rice</p> <p>Basmati Rice, Chicken Breast, Chopped Tomatoes, Coriander, Diced Carrots, Garam Masala, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Single Cream (Contains Milk), Sunflower Oil, Sweetcorn</p> <p>D</p>	<p>Tuna mayo and sweetcorn with pitta bread</p> <p>Pitta Bread (Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Yeast, Salt - Contains Gluten), Mayonnaise (Rapeseed Oil, Egg Spirit Vinegar, Sugar, Salt, Lemon Juice Flavours, Paprika - Contains Eggs), Sweetcorn, Tuna Chunks (Contains Fish), Lemon Juice, Olive Oil, Mustard, Dill</p> <p>G E F M</p>	<p>Chicken nuggets with grated carrots and garlic bread</p> <p>Ingredients: Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Chicken Nuggets (Contains: Gluten), Chicken, Wheat Flour, Sunflower Oil, Potato Starch, Yeast, Grated Carrots</p> <p>G</p>	<p>Chickpea and bulgur salad</p> <p>Ingredients: Bulgar Wheat (Contains Gluten), Carrots, Sweetcorn, Chick Peas, Onion, Olive Oil, Lemon Juice, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper, Parsley, Paprika</p> <p>G</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

Fruit yoghurt

Ingredients:, Natural
Yoghurt (Contains Milk),
Fruit Pureed, Pinch Of Sugar



Pear and Ginger Cake

Wheat Flour (Contains
Gluten), **Soya Flour**, **Milk**,
Pear, Egg, Sunflower Oil,
Gluten Free Baking Powder,
Ginger, Pinch Of Sugar



Blueberry Muffin

Ingredients:, Wheat Flour
(Contains Gluten), Cornflour,
Blueberry, **Milk**, Egg, Pinch
Of Sugar, Rapeseed Oil,
Wheat Starch, **Soy Beans**



Fresh melon slices

Ingredients:, Honeydew
Melon

Apple and Raisin Crumble

Wheat Flour (Contains
Gluten), **Breadcrumbs**
(Contains: **Gluten**), Apple,
Raisins, Vegetable Oil, Vanilla
Flavouring, Cinnamon, Pinch
Of Brown Sugar



Allergens Key

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