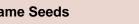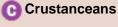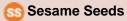|	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Ratatouille with chickpeas and parsley rice **Ingredients:**, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Olive Oil, Basil, Parsley, Thyme, Ground Black Pepper, Garlic	Hungarian beef paprika sauce and mash **Ingredients:**, Potatoes, **Stewpack (Onion, Carrots, Turnip, Swede, Celery)**, Carrots, Onion, Beef Mince, Tomato Puree, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper Ⓒ	Hoisin Chicken with rice **Ingredients:**, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Chicken Breast, Olive Oil	Sweet and sour Asian chicken with noodles **Ingredients:**, **Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)**, Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, Garlic Ⓖ	Tuna pasta salad with sweetcorn **Ingredients:**, **Pasta (Durum Wheat Semolina - Contains Gluten)**, Sweetcorn, Peppers, **Tuna Chunks (Contains Fish)**, Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper Ⓖ Ⓕ
Dessert	Vegan, soya free cake **Ingredients:**, **Wheat Flour (With Calcium, Iron, Niacin, Thiamin)**, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon Ⓖ	Vegan, soya free cake **Ingredients:**, **Wheat Flour (With Calcium, Iron, Niacin, Thiamin)**, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon Ⓖ	Fresh melon slices **Ingredients:**, Honeydew Melon	Peach Krispie Bite **Ingredients:**, **Oat Flakes (Contains Oat & Gluten)**, **Rice Krispies (Rice, Sugar, Barley Extract, Salt)**, Peach, Dairy Free Margarine, Golden Syrup Ⓖ	Fresh fruit **Ingredients:**, Fresh Fruit

Allergens Key

Ⓓ **Dairy**	Ⓔ **Eggs**	⑤Ⓑ **Soy Beans**	Ⓜ **Mustard**	Ⓛ **Lupin**	Ⓒ **Crustanceans**	Ⓟ **Peanuts**
Ⓖ **Gluten**	Ⓕ **Fish**	Ⓝ **Nuts**	ⓈⓈ **Sesame Seeds**	Ⓜ **Mollusc**	Ⓒ **Celery**	ⓈⒹ **Sulphur Dioxide**

Allergens Key

D Dairy	E Eggs	SB Soy Beans	M Mustard	L Lupin	C Crustanceans	P Peanuts
G Gluten	F Fish	N Nuts	SS Sesame Seeds	M Mollusc	C Celery	SD Sulphur Dioxide