

|             | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|-------------|---|--|--|---|--|
| <b>Main</b> | <p>Rosemary chicken with carrot and cucumber and baby potatoes</p> <p><b>Ingredients:</b>, Potatoes, Chicken Breast, Cucumber, Carrots, Olive Oil, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary</p> | <p>Lentil pasta salad with mixed veggies</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Cumin, Coriander, Basil</p> <p><b>G</b></p> | <p>Chicken nuggets with grated carrots and garlic bread</p> <p><b>Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Chicken Nuggets (Chicken, Wheat Flour, Olive Oil, Potato Starch, Yeast)</b>, Grated Carrots</p> <p><b>G</b></p> | <p>Paprika chickpea couscous salad</p> <p><b>Ingredients:</b>, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, Chick Peas, Cucumber, Lettuce, Sweetcorn, Carrots, Tumeric, Basil, Parsley, Ground Black Pepper, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt)</p> <p><b>G</b></p> | <p>Fish fingers with baked beans and potatoes</p> <p><b>Ingredients:</b>, Potatoes, Baked Beans In Tomato Sauce, <b>Cod Fillet Fish Fingers (Whitefish, Wheat Flour, Vegetable Oil, Yeast, Salt, Paprika, Curcumin, Turmeric)</b>, Olive Oil</p> <p><b>G F</b></p> |

## Allergens Key

|                 |               |                     |                        |                  |                      |                           |
|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| <b>D</b> Dairy  | <b>E</b> Eggs | <b>SB</b> Soy Beans | <b>M</b> Mustard       | <b>L</b> Lupin   | <b>C</b> Crustaceans | <b>P</b> Peanuts          |
| <b>G</b> Gluten | <b>F</b> Fish | <b>N</b> Nuts       | <b>SS</b> Sesame Seeds | <b>M</b> Mollusc | <b>C</b> Celery      | <b>SD</b> Sulphur Dioxide |

Dessert

|                                   |   |  |                                   |   |
|-----------------------------------|---|--|-----------------------------------|---|
| Fresh fruit                       | Vegan, soya free cake   | Apple and lemon crumble  | Fresh fruit                       | Peach flapjacks   |
| <b>Ingredients:</b> , Fresh Fruit | <b>Ingredients:</b> , 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 | <b>Ingredients:</b> , Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Breadcrumbs (Contains: Gluten), Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon | <b>Ingredients:</b> , Fresh Fruit | <b>Ingredients:</b> , Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, Porridge Oats (Contains Oat & Gluten), Pinch Of Sugar |
|                                   | G   | G  |                                   | G   |

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