

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes with chickpea and sweetcorn</p> <p>Ingredients:, Potatoes, Chick Peas, Sweetcorn, Olive Oil, Rosemary, Parsley, Garlic</p>	<p>Roast chicken with honey and rice salad</p> <p>Ingredients:, Basmati Rice, Cucumber, Sweetcorn, Mixed Peppers, Onion, Chicken Breast, Honey, Lemon Juice, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Basil, Coriander, Cumin, Garlic, Paprika, Parsley</p>	<p>Stir fry veggie gluten free pasta</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Courgettes, Red Peppers, Yellow Peppers, Green Peppers, Broccoli, Carrots, Sweetcorn, Onion, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Red Lentils, Olive Oil</p>	<p>Healthy Tuna pasta salad</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Red Peppers, Yellow Peppers, Green Peppers, Carrots, Sweetcorn, Tuna Chunks (Contains Fish), Olive Oil, Garlic, Ground Black Pepper, Oregano, Basil</p> <p>F</p>	<p>Gluten free Falafel balls, lettuce and sweetcorn with potatoes</p> <p>Ingredients:, Potatoes, Gluten Free Falafel Balls (Chickpeas, Onion, Rapeseed Oil, Potato Flake, Garlic, Salt, Cumin, Coriander, Lemon Juice, Parsley, White Pepper), Lettuce, Sweetcorn, Olive Oil, Garlic, Basil, Parsley</p>
Dessert	<p>Forest fruit compote</p> <p>Ingredients:, Apple, Peach, Pear, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, 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>	<p>Peach and apple compote</p> <p>Ingredients:, Apple, Peach, Pinch Of Brown Sugar, Vanilla Flavouring, 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>	<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