

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free chicken nuggets and seasonal mixed vegetables with baby new potatoes</p> <p>Baby New Potatoes, Gluten Free Chicken Nuggets, Mixed Vegetables</p>	<p>Stir fry veggie gluten free pasta</p> <p>Broccoli, Carrots, Coconut Milk, Courgettes, Gluten Free Pasta, Green Peppers, Olive Oil, Onion, Red Lentils, Red Peppers, Salt, Sweetcorn, Yellow Peppers</p>	<p>Creamy Chicken Cauliflower and broccoli with gluten free pasta</p> <p>Basil, Broccoli, Cauliflower, Chicken Breast, Garlic, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Ground Black Pepper, Onion, Salt</p>	<p>Healthy Tuna pasta salad</p> <p>Basil, Carrots, Garlic, Gluten Free Pasta, Ground Black Pepper, Mixed Peppers, Olive Oil, Oregano, Salt, Sweetcorn, Tuna Chunks (Contains Fish)</p> <p><b>F</b></p>	<p>Mixed beans and spinach rice</p> <p>Basmati Rice, Butter Beans, Carrots, Coconut Milk, Ginger, Gluten Free Low Salt Vegetable Stock, Kidney Beans, Onion, Oregano, Potatoes, Salt, Spinach, Turmeric</p>
Dessert	<p>Forest fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Peach, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</p>	<p>Gluten Free Oat Flapjacks with fruit pieces</p> <p>Apple, Brown Sugar, Dairy Free Margarine, Gluten Free Oat Flakes, Golden Syrup, Peach, Pear</p>	<p>Apple and Pineapple Compote</p> <p>Apple, Brown Sugar, Cinnamon, Peach, Pineapple, Vanilla Flavouring</p>	<p>Gluten &amp; soya free Vegan cake</p> <p>Apple, Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Fresh orange slices</p> <p>Oranges</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 |