

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Moroccan vegetable tagine with chick peas, apricots and courgettes served with basmati rice</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Chick Peas, Diced Carrots, Red Peppers, Yellow Peppers, Green Peppers, Courgettes, Onion, Apricot Sulphur Dioxide, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Cinnamon, Cumin, Garlic Puree, Mixed Herbs - Dried, Turmeric</p> <p>SD</p>	<p>Macaroni Lentil bolognaise</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Carrots, Chopped Tomatoes, Garden Peas, Onion, Red Lentils, Celery, Swedes, Turnips, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Oregano, Garlic, Basil</p> <p>C</p>	<p>Bean Alfredo with basmati rice and spinach</p> <p>Ingredients:, Basmati Rice, Carrots, Garden Peas, Spinach, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Onion, Beans, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Basil</p>	<p>Mixed beans and spinach rice</p> <p>Ingredients:, Basmati Rice, Carrots, Potatoes, Spinach, Onion, Beans, Kidney Beans, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Oregano, Turmeric, Ginger</p>	<p>Hawaiian veggie with peppers served with gluten free pasta</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Carrots, Tomato Paste, Onion, Red Peppers, Yellow Peppers, Green Peppers, Pineapple, Red Lentils, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ginger</p>


Allergens Key

D Dairy **E** Eggs **SB** Soy Beans **M** Mustard **G** Gluten **F** Fish **N** Nuts **SS** Sesame Seeds


L Lupin **C** Crustaceans **P** Peanuts **M** Mollusc **C** Celery **SD** Sulphur Dioxide

Dessert	Gluten & soya free Vegan cake	Fruit compote	Gluten & soya free Vegan cake	Fresh melon slices	Gluten & soya free Vegan cake
	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Ingredients: , Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Ingredients: , Honeydew Melon	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

Allergens Key

-  Dairy


 Eggs


 Soy Beans

 Mustard

 Lupin


 Crustaceans

 Peanuts
-  Gluten

 Fish

 Nuts

 Sesame Seeds

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 Celery

 Sulphur Dioxide