




	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Jacket potatoes with chickpea and sweetcorn</p> <p><b>Ingredients:</b>, Potatoes, Chick Peas, Sweetcorn, Olive Oil, Rosemary, Parsley, Garlic</p>	<p>Roast chickpeas with honey and rice salad</p> <p><b>Ingredients:</b>, Basmati Rice, Cucumber, Sweetcorn, Mixed Peppers, Onion, Chick Peas, 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><b>Ingredients:</b>, 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>Lentil pasta salad</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), Red Peppers, Yellow Peppers, Green Peppers, Carrots, Sweetcorn, Lentils, Olive Oil, Garlic, Ground Black Pepper, Oregano, Basil</p>	<p>Gluten free Falafel balls, lettuce and sweetcorn with potatoes</p> <p><b>Ingredients:</b>, 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>
<b>Dessert</b>	<p>Fruit compote</p> <p><b>Ingredients:</b>, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, 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><b>Ingredients:</b>, Apple, Peach, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Gluten &amp; soya free Vegan cake</p> <p><b>Ingredients:</b>, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>


**Allergens Key**


-  Dairy



 Eggs


 Soy Beans


 Mustard


 Lupin


 Crustaceans


 Peanuts
-  Gluten


 Fish

 Nuts

 Sesame Seeds

 Mollusc

 Celery

 Sulphur Dioxide