

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Chicken nuggets and seasonal mixed vegetables with baby new potatoes</p> <p>Baby New Potatoes, Chicken Nuggets (Contains: Gluten), Mixed Vegetables</p> <p><b>G</b></p>	<p>Stir fry veggie noodles with red lentils</p> <p>Broccoli, Carrots, Coconut Milk, Courgettes, Egg Free Noodles (Contains Gluten), Green Peppers, Olive Oil, Onion, Red Lentils, Red Peppers, Salt, Sweetcorn, Yellow Peppers</p> <p><b>G</b></p>	<p>Creamy Chicken Cauliflower and broccoli with egg free pasta DF HOT</p> <p>Basil, Broccoli, Cauliflower, Chicken Breast, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Onion, Pasta (Contains Gluten), Salt</p> <p><b>G</b></p>	<p>Healthy Tuna pasta salad</p> <p>Basil, Carrots, Garlic, Ground Black Pepper, Mixed Peppers, Olive Oil, Oregano, Pasta (Contains Gluten), Salt, Sweetcorn, Tuna Chunks (Contains Fish)</p> <p><b>G F</b></p>	<p>Mixed beans and spinach couscous</p> <p>Butter Beans, Carrots, Coconut Milk, Cous Cous (Contains Gluten), Ginger, Gluten Free Low Salt Vegetable Stock, Kidney Beans, Onion, Oregano, Potatoes, Salt, Spinach, Turmeric</p> <p><b>G</b></p>
Dessert	<p>Fruit compote</p> <p>Apple, Brown Sugar, Cinnamon, Peach, Pear, Vanilla Flavouring</p>	<p>Apple and lemon crumble</p> <p>Apple, Brown Sugar, Dairy Free Margarine, Lemon, Vanilla Flavouring, Wheat Flour (Contains Gluten)</p> <p><b>G</b></p>	<p>Apple and Pineapple Compote</p> <p>Apple, Brown Sugar, Cinnamon, Peach, Pineapple, Vanilla Flavouring</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p><b>G</b></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