

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Moroccan vegetable tagine with chick peas, apricots and courgettes served with herby couscous</p> <p>Apricot, Chick Peas, Cinnamon, Courgettes, Cous Cous (Contains Gluten), Cumin, Diced Carrots, Garlic Puree, Gluten Free Low Salt Vegetable Stock, Green Peppers, Mixed Herbs - Dried, Mixed Peppers, Onion, Red Peppers, Turmeric, Yellow Peppers</p> <p>G</p>	<p>Macaroni Beef bolognaise</p> <p>Basil, Beef Mince, Carrots, Celery, Chopped Tomatoes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Macaroni Pasta (Contains: Gluten), Onion, Oregano, Parsnips, Red Lentils, Salt, Swedes, Turnips</p> <p>G G</p>	<p>Chicken Alfredo with basmati rice and spinach</p> <p>Basil, Basmati Rice, Carrots, Chicken Breast, Coconut Milk, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Salt, Spinach</p>	<p>Lentil Cottage Pie with cabbage</p> <p>Bay Leaves, Cabbage, Carrots, Cumin, Garlic, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Green Lentils, Ground Black Pepper, Onion, Potatoes, Salt, Vinegar</p>	<p>Hawaiian chicken with peppers served with egg free noodles</p> <p>Carrots, Chicken Breast, Demerara Sugar, Egg Free Noodles (Contains Gluten), Garlic, Ginger, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Mixed Peppers, Onion, Pineapple, Salt, Tomato Paste</p> <p>G</p>
Dessert	<p>Peach Krispie Bite</p> <p>Dairy Free Margarine, Golden Syrup, Oat Flakes (Contains Oat & Gluten), Peach, Rice Krispies (Contains Barley & Gluten)</p> <p>G</p>	<p>Soya yoghurt</p> <p>Soya Yoghurt (Contains Soybeans)</p> <p>SB</p>	<p>Pineapple Chocolate Bar</p> <p>Cocoa Powder, Maple Syrup, Oat Flakes (Contains Oat & Gluten), Orange Extract, Pear, Pineapple, Rice Krispies (Contains Barley & Gluten)</p> <p>G</p>	<p>Fresh melon slices</p> <p>Honeydew Melon</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>G</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

Allergens Key

- | | | | | | | |
|--|--|---|--|---|---|---|
|  Dairy |  Eggs |  Soy Beans |  Mustard |  Lupin |  Crustaceans |  Peanuts |
|  Gluten |  Fish |  Nuts |  Sesame Seeds |  Mollusc |  Celery |  Sulphur Dioxide |