

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free veggie bars and seasonal mixed vegetables with baby new potatoes</p> <p>Baby New Potatoes, Gluten Free Veggie Bars, 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 Cauliflower and broccoli with red lentils and gluten free pasta</p> <p>Basil, Broccoli, Cauliflower, Garlic, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Grated Cheddar Cheese (Contains Milk), Ground Black Pepper, Onion, Red Lentils, Salt</p> <p><b>D</b></p>	<p>Healthy Chickpea pasta salad</p> <p>Basil, Carrots, Chick Peas, Garlic, Gluten Free Pasta, Ground Black Pepper, Mixed Peppers, Olive Oil, Oregano, Salt, Sweetcorn</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>Fruit yoghurt</p> <p>Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar</p> <p><b>D</b></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