

|                | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|----------------|---|--|--|---|---|
| <b>Main</b>    | <p>Ratatouille with chickpeas and parsley rice</p> <p><b>Ingredients:</b>, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Sunflower Oil, Basil, Parsley, Thyme, Ground Black Pepper, Garlic</p> | <p>Hungarian beef paprika sauce and mash</p> <p><b>Ingredients:</b>, Potatoes, <b>Stewpack (Onion, Carrots, Turnip, Swede, Celery)</b>, Carrots, Onion, Beef Mince, <b>Single Cream (Contains Milk), Butter (Contains: Milk)</b>, Tomato Puree, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper</p> <p><b>D</b> <b>G</b></p> | <p>Hoisin Chicken with rice</p> <p><b>Ingredients:</b>, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Chicken Breast, Sunflower Oil, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b></p> <p><b>SB</b></p> | <p>Sweet and sour Asian chicken with gluten free pasta</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Sunflower Oil, Gluten Free Flour, <b>Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)</b>, Garlic</p> <p><b>SB</b></p> | <p>Lentil Red pesto with gluten free pasta</p> <p><b>Ingredients:</b>, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Peppers, Onion, Lentils, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Basil</p> |
| <b>Dessert</b> | <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>Vanilla Rice Pudding</p> <p>Pudding Rice, <b>Milk</b>, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar</p> <p><b>D</b></p>  | <p>Fresh melon slices</p> <p><b>Ingredients:</b>, Honeydew Melon</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>Strawberry yoghurt</p> <p><b>Ingredients:</b>, <b>Natural Yoghurt (Contains Milk)</b>, Strawberry Puree, Pinch Of Sugar</p> <p><b>D</b></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**

- |                 |               |                     |                        |                  |                      |                           |
|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| <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 |