

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Lentil and chickpea dhal with basmati rice</p> <p>Ingredients:, Basmati Rice, Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Coriander, Cumin, Curry Powder (Contains Mustard), Ginger, Ground Black Pepper, Paprika</p> <p>M</p>	<p>Beef chilli con carne with kidney beans served with basmati rice</p> <p>Basmati Rice, Baked Beans In Tomato Sauce, Beef Mince, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Smoked Paprika, Sunflower Oil, Sweetcorn</p>	<p>Chicken and leeks with carrots in a creamy sauce served with potatoes</p> <p>Carrots, Chicken Breast, Garlic, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Lemon Juice, Onion, Potatoes, Salt, Single Cream (Contains Milk), Smoked Paprika, Sunflower Oil, Tumeric</p> <p>D</p>	<p>Chicken chowder served with yellow rice</p> <p>Basmati Rice, Carrots, Chicken Breast, Dill, Garden Peas, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Lemon Juice, Onion, Parsley, Potatoes, Salt, Single Cream (Contains Milk), Sunflower Oil, Sweetcorn, Turmeric</p> <p>D</p>	<p>Vegetable chow main served with Gluten free pasta</p> <p>Carrots, Ginger, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Green Beans, Mixed Peppers, Mushrooms, Olive Oil, Onion, Red Lentils</p>
Dessert	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fruit yoghurt</p> <p>Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar</p> <p>D</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p>	<p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</p>	<p>Gluten & soya free Vegan cake</p> <p>Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</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