

|                | Monday                                                                                                                                                                                                                                                                                                                                                                        | Tuesday                                                                                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                              | Thursday                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                                                                         |
|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Main</b>    | <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><b>G</b></p> | <p>Macaroni lentil bolognaise</p> <p>Basil, 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><b>G C</b></p> | <p>Bean Alfredo with basmati rice and spinach</p> <p>Basil, Basmati Rice, Cannellini Beans, Carrots, 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 veggie with peppers served with egg free noodles</p> <p>Carrots, Demerara Sugar, Egg Free Noodles (Contains Gluten), Garlic, Ginger, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Mixed Peppers, Onion, Pineapple, Red Lentils, Salt, Tomato Paste</p> <p><b>G</b></p> |
| <b>Dessert</b> | <p>Peach Krispie Bite</p> <p>Dairy Free Margarine, Golden Syrup, Oat Flakes (Contains Oat &amp; Gluten), Peach, Rice Krispies (Contains Barley &amp; Gluten)</p> <p><b>G</b></p>                                                                                                                                                                                              | <p>Soya yoghurt</p> <p>Soya Yoghurt (Contains Soybeans)</p> <p><b>SB</b></p>                                                                                                                                                                                                         | <p>Pineapple Chocolate Bar</p> <p>Cocoa Powder, Maple Syrup, Oat Flakes (Contains Oat &amp; Gluten), Orange Extract, Pear, Pineapple, Rice Krispies (Contains Barley &amp; Gluten)</p> <p><b>G</b></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><b>G</b></p>                                                                                                            |

### Allergens Key

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

Allergens Key

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