

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Chicken nuggets and seasonal mixed vegetables with baby new potatoes</p> <p>Baby New Potatoes, Chicken Nuggets (Contains: Gluten), Mixed Vegetables</p> <p><b>G</b></p>	<p>Stir fry veggie noodles with red lentils</p> <p>Broccoli, Carrots, Coconut Milk, Courgettes, Egg Free Noodles (Contains Gluten), Green Peppers, Olive Oil, Onion, Red Lentils, Red Peppers, Salt, Sweetcorn, Yellow Peppers</p> <p><b>G</b></p>	<p>Creamy Cauliflower and broccoli with chicken and egg free pasta</p> <p>Basil, Broccoli, Cauliflower, Chicken Breast, Garlic, Gluten Free Low Salt Vegetable Stock, Grated Cheddar Cheese (Contains Milk), Ground Black Pepper, Onion, Pasta (Contains Gluten), Salt</p> <p><b>G D</b></p>	<p>Healthy Tuna pasta salad</p> <p>Basil, Carrots, Garlic, Ground Black Pepper, Mixed Peppers, Olive Oil, Oregano, Pasta (Contains Gluten), Salt, Sweetcorn, Tuna Chunks (Contains Fish)</p> <p><b>G F</b></p>	<p>Mixed beans and spinach couscous</p> <p>Butter Beans, Carrots, Coconut Milk, Cous Cous (Contains Gluten), Ginger, Gluten Free Low Salt Vegetable Stock, Kidney Beans, Onion, Oregano, Potatoes, Salt, Spinach, Turmeric</p> <p><b>G</b></p>
<b>Dessert</b>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar</p> <p><b>D</b></p>	<p>Apple and lemon crumble</p> <p>Apple, Brown Sugar, Dairy Free Margarine, Lemon, Vanilla Flavouring, Wheat Flour (Contains Gluten)</p> <p><b>G</b></p>	<p>Apple and Pineapple Compote</p> <p>Apple, Brown Sugar, Cinnamon, Peach, Pineapple, Vanilla Flavouring</p>	<p>Cherry Chocolate Cake</p> <p>Cherry, Cocoa Powder, Egg, Gluten Free Baking Powder, Golden Syrup, Milk (Contains: Milk), Soya Flour, Sugar, Sunflower Oil, Wheat Flour (Contains Gluten)</p> <p><b>G E SB D</b></p>	<p>Fresh orange slices</p> <p>Oranges</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