















	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<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>G</p>	<p>Macaroni Beef bolognaise</p> <p>Basil, Beef Mince, Carrots, Celery, Chopped Tomatoes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Grated Cheddar Cheese (Contains Milk), Ground Black Pepper, Macaroni Pasta (Contains: Gluten), Onion, Oregano, Parsnips, Red Lentils, Salt</p> <p>G D C</p>	<p>Chicken Alfredo with basmati rice and spinach</p> <p>Basil, Basmati Rice, Carrots, Chicken Breast, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Salt, Single Cream (Contains Milk), Spinach</p> <p>D</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 chicken with peppers served with egg free noodles</p> <p>Carrots, Chicken Breast, Demerara Sugar, Egg Free Noodles (Contains Gluten), Garlic, Ginger, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Mixed Peppers, Onion, Pineapple, Salt, Tomato Paste</p> <p>G</p>
Dessert	<p>Peach Krispie Bite</p> <p>Dairy Free Margarine, Golden Syrup, Oat Flakes (Contains Oat & Gluten), Peach, Rice Krispies (Contains Barley & Gluten)</p> <p>G</p>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar</p> <p>D</p>	<p>Pineapple Chocolate Bar</p> <p>Cocoa Powder, Maple Syrup, Oat Flakes (Contains Oat & Gluten), Orange Extract, Pear, Pineapple, Rice Krispies (Contains Barley & Gluten)</p> <p>G</p>	<p>Fresh melon slices</p> <p>Honeydew Melon</p>	<p>Juicy Carrot Cake</p> <p>Butter (Contains: Milk), Cinnamon, Egg, Gluten Free Baking Powder, Grated Carrots, Milk (Contains: Milk), Pinch Of Salt, Soya Flour, Sugar, Sunflower Oil, Wheat Flour (Contains Gluten)</p> <p>G E SB D</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

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