

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes with sweetcorn and cheese</p> <p>Ingredients:, Jacket Potatoes, Sweetcorn, Grated Cheddar Cheese (Contains Milk)</p> <p>D</p>	<p>Roast chickpeas with honey and bulgur salad</p> <p>Ingredients:, Bulgar Wheat (Contains Gluten), Cucumber, Sweetcorn, Mixed Peppers, Onion, Chick Peas, Honey, Lemon Juice, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Basil, Coriander, Cumin, Garlic, Paprika, Parsley</p> <p>G</p>	<p>Stir fry veggie noodles with red lentils</p> <p>Ingredients:, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Courgettes, Red Peppers, Yellow Peppers, Green Peppers, Broccoli, Carrots, Sweetcorn, Onion, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Red Lentils, Olive Oil</p> <p>G</p>	<p>Healthy Lentils pasta salad</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Carrots, Red Peppers, Yellow Peppers, Green Peppers, Sweetcorn, Lentils, Olive Oil, Garlic, Ground Black Pepper, Oregano, Basil</p> <p>G</p>	<p>Falafel balls, lettuce and sweetcorn with wrap</p> <p>Ingredients:, Wrap (Contains Wheat, Gluten), Falafel Balls (Chick Peas, Onion, Rapeseed Oil, Wheat Flour, Cumin, Garlic, Salt, Coriander, Chilli Powder, Lemon Juice, Black Pepper, Turmeric), Lettuce, Sweetcorn</p> <p>G</p>
Dessert	<p>Fruit yoghurt</p> <p>Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar</p> <p>D</p>	<p>Apple and lemon crumble</p> <p>Ingredients:, Wheat Flour (Contains Gluten), Breadcrumbs (Contains: Gluten), Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p> <p>G</p>	<p>Peach and apple compote</p> <p>Ingredients:, Apple, Peach, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p>Cherry Chocolate Cake</p> <p>Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Cherry, Butter (Contains: Milk), Vegetable Oil, Egg, Cocoa Powder, Pinch Of Sugar</p> <p>G E SB D</p>	<p>Blueberry Muffin</p> <p>Ingredients:, Wheat Flour (Contains Gluten), Cornflour, Blueberry, Milk, Egg, Pinch Of Sugar, Rapeseed Oil, Wheat Starch, Soy Beans</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

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