

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Moroccan vegetable tagine with chick peas, apricots and courgettes served with basmati rice</p> <p>Apricot, Basmati Rice, Chick Peas, Cinnamon, Courgettes, 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>Macaroni Beef bolognaise</p> <p>Basil, Beef Mince, Carrots, Celery, Chopped Tomatoes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Ground Black Pepper, Onion, Oregano, Parsnips, Red Lentils, Salt, Swedes, Turnips</p> <p>G</p>	<p>Chicken Alfredo with basmati rice and spinach</p> <p>Basil, Basmati Rice, Carrots, Chicken Breast, 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 chicken with peppers served with gluten free pasta</p> <p>Carrots, Chicken Breast, Demerara Sugar, Garlic, Ginger, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Mixed Peppers, Onion, Pineapple, Salt, Tomato Paste</p>
Dessert	<p>Gluten Free Oat Flapjacks with fruit pieces</p> <p>Apple, Brown Sugar, Dairy Free Margarine, Gluten Free Oat Flakes, Golden Syrup, Peach, Pear</p>	<p>Fruit compote</p> <p>Apple, Brown Sugar, Cinnamon, Peach, Pear, Vanilla Flavouring</p>	<p>Gluten & soya free Vegan cake</p> <p>Apple, Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Fresh melon slices</p> <p>Honeydew Melon</p>	<p>Gluten Free Oat Flapjacks with fruit pieces</p> <p>Apple, Brown Sugar, Dairy Free Margarine, Gluten Free Oat Flakes, Golden Syrup, Peach, Pear</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