

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Gluten free veggie bars and seasonal mixed vegetables with baby new potatoes</p> <p>Baby New Potatoes, Gluten Free Veggie Bars, Mixed Vegetables</p>	<p>Stir fry veggie gluten free pasta</p> <p>Broccoli, Carrots, Coconut Milk, Courgettes, Gluten Free Pasta, Green Peppers, Olive Oil, Onion, Red Lentils, Red Peppers, Salt, Sweetcorn, Yellow Peppers</p>	<p>Creamy Cauliflower and broccoli with red lentils and gluten free pasta</p> <p>Basil, Broccoli, Cauliflower, Garlic, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Ground Black Pepper, Onion, Red Lentils, Salt</p>	<p>Healthy Chickpea pasta salad</p> <p>Basil, Carrots, Chick Peas, Garlic, Gluten Free Pasta, Ground Black Pepper, Mixed Peppers, Olive Oil, Oregano, Salt, Sweetcorn</p>	<p>Mixed beans and spinach rice</p> <p>Basmati Rice, Butter Beans, Carrots, Coconut Milk, Ginger, Gluten Free Low Salt Vegetable Stock, Kidney Beans, Onion, Oregano, Potatoes, Salt, Spinach, Turmeric</p>
Dessert	<p>Fruit compote</p> <p>Apple, Brown Sugar, Cinnamon, Peach, Pear, Vanilla Flavouring</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>	<p>Apple and Pineapple Compote</p> <p>Apple, Brown Sugar, Cinnamon, Peach, Pineapple, Vanilla Flavouring</p>	<p>Gluten &amp; 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 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