

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Moroccan vegetable tagine with chick peas, apricots and courgettes served with herby couscous</p> <p><b>Ingredients:</b>, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, Chopped Tomatoes, Chick Peas, Diced Carrots, Green Peppers, Red Peppers, Yellow Peppers, Courgettes, Onion, <b>Apricot Sulphur Dioxide</b>, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Cinnamon, Cumin, Garlic Puree, Mixed Herbs - Dried, Turmeric</p> <p><b>G SD</b></p>	<p>Macaroni Beef bolognaise</p> <p><b>Ingredients:</b>, <b>Macaroni Pasta (Contains: Gluten)</b>, Carrots, Garden Peas, Onion, Beef Mince, Chopped Tomatoes, <b>Celery</b>, Swedes, Turnips, Red Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Oregano, Garlic, Basil</p> <p><b>G C</b></p>	<p>Chicken Alfredo with basmati rice and spinach</p> <p><b>Ingredients:</b>, Basmati Rice, Carrots, Garden Peas, Spinach, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Onion, Chicken Breast, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Basil</p>	<p>Mixed beans and spinach couscous</p> <p><b>Ingredients:</b>, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, Carrots, Potatoes, Spinach, Onion, Butter Beans, Kidney Beans, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Oregano, Turmeric, Ginger</p> <p><b>G</b></p>	<p>Hawaiian chicken with peppers served with egg free noodles</p> <p><b>Ingredients:</b>, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Carrots, Tomato Paste, Onion, Red Peppers, Yellow Peppers, Green Peppers, Pineapple, Chicken Breast, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ginger</p> <p><b>G</b></p>

## Allergens Key

<b>D</b> Dairy	<b>E</b> Eggs	<b>SB</b> Soy Beans	<b>M</b> Mustard	<b>L</b> Lupin	<b>C</b> Crustaceans	<b>P</b> Peanuts
<b>G</b> Gluten	<b>F</b> Fish	<b>N</b> Nuts	<b>SS</b> Sesame Seeds	<b>M</b> Mollusc	<b>C</b> Celery	<b>SD</b> Sulphur Dioxide

Dessert	Peach Krispie Bite	Fruit compote	Pineapple Chocolate Bar	Fresh melon slices	Vegan, soya free cake
	<p><b>Ingredients:</b>, Oat Flakes (Contains Oat &amp; Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt - Contains Barley), Peach, Dairy Free Margarine, Golden Syrup</p> <p>G</p>	<p><b>Ingredients:</b>, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</p>	<p><b>Ingredients:</b>, Oat Flakes (Contains Oat &amp; Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt - Contains Barley), Pear, Pineapple, Golden Syrup, Orange Extract, Cocoa Powder</p> <p>G</p>	<p><b>Ingredients:</b>, Honeydew Melon</p>	<p><b>Ingredients:</b>, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> <p>G</p>

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- D** Dairy

**G** Gluten
- E** Eggs

**F** Fish
- SB** Soy Beans

**N** Nuts
- M** Mustard

**SS** Sesame Seeds
- L** Lupin

**M** Mollusc
- C** Crustaceans

**C** Celery
- P** Peanuts

**SD** Sulphur Dioxide