

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|---|--|---|---|---|
| Main | <p>Jacket potatoes with chickpea and sweetcorn</p> <p>Ingredients:, Potatoes, Chick Peas, Sweetcorn, Olive Oil, Rosemary, Parsley, Garlic Powder</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>Tuna pasta salad</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Red Peppers, Yellow Peppers, Green Peppers, Carrots, Sweetcorn, Tuna Chunks (Contains Fish), Olive Oil, Garlic, Ground Black Pepper, Oregano, Basil</p> <p>G F</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 compote</p> <p>Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon</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>Vegan, soya free cake</p> <p>Ingredients:, 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> | <p>Vegan, soya free cake</p> <p>Ingredients:, 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> |

Allergens Key

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|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| 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 |

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