

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Lentil and chickpea dhal with herby gluten free couscous</p> <p>Carrot, Chick Peas, Chopped Tomatoes, Coconut Milk, Coriander, Cumin, Curry Powder, Ginger, Gluten Free Couscous, Ground Black Pepper, Lentils, Onion, Paprika, Potato, Salt, Sunflower Oil, Turmeric</p>	<p>Vegetarian chilli con carne with red kidney beans, served with basmati rice and fresh raw veggies</p> <p>Baked Beans In Tomato Sauce, Basmati Rice, Chopped Tomatoes, Fajita Seasoning, Gluten Free Low Salt Vegetable Stock, Green Peppers, Kidney Beans, Mixed Herbs - Dried, Onions, Red Lentils, Red Peppers, Sunflower Oil, Sweetcorn, Yellow Peppers</p>	<p>Cannellini beans and diced baby vegetables in a creamy sauce with gluten free pasta</p> <p>Basil, Cannellini Beans, Coriander, Garden Peas, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Ground Black Pepper, Leeks, Parsnips, Single Cream (Contains Milk), Sunflower Oil</p>	<p>Roasted vegetable pasta bake with fresh raw veggies</p> <p>Aubergines, Chopped Tomatoes, Courgettes, Diced Carrots, Garlic Puree, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Grated Cheddar Cheese (Contains Milk), Green Peppers, Lentils, Onion, Red Peppers, Yellow Peppers</p>	<p>Mixed bean and potato Pie</p> <p>Baked Beans In Tomato Sauce, Butter Beans, Cannellini Beans, Carrots, Cumin, Garlic, Ground Black Pepper, Onion, Peppers, Raw Veggies, Rosemary, Salt, Sauteed Potatoes, Sunflower Oil, Sweetcorn, Tomato Paste</p>
Dessert	<p>Vegan, gluten free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Peach yoghurt</p> <p>Low Fat Yoghurt (Contains Milk), Peach Puree, Sugar</p>	<p>Vegan, gluten free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Sunflower Spread, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</p>

Allergens Key



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur Dioxide