

|                | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|----------------|---|--|--|--|--|
| <b>Main</b>    | <p>Moroccan vegetable tagine with chick peas, apricots and courgettes served with herby couscous</p> <p>Apricot, Chick Peas, Cinnamon, Courgettes, Cous Cous (Contains Gluten), 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><b>G</b></p> | <p>Macaroni lentil bolognaise</p> <p>Basil, Carrots, Celery, Chopped Tomatoes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Macaroni Pasta (Contains: Gluten), Onion, Oregano, Parsnips, Red Lentils, Salt, Swedes, Turnips</p> <p><b>G C</b></p> | <p>Bean Alfredo with basmati rice and spinach</p> <p>Basil, Basmati Rice, Cannellini Beans, Carrots, 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 veggie with peppers served with egg free noodles</p> <p>Carrots, Demerara Sugar, Egg Free Noodles (Contains Gluten), Garlic, Ginger, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Mixed Peppers, Onion, Pineapple, Red Lentils, Salt, Tomato Paste</p> <p><b>G</b></p> |
| <b>Dessert</b> | <p>Peach Krispie Bite</p> <p>Dairy Free Margarine, Golden Syrup, Oat Flakes (Contains Oat &amp; Gluten), Peach, Rice Krispies (Contains Barley &amp; Gluten)</p> <p><b>G</b></p>  | <p>Soya yoghurt</p> <p>Soya Yoghurt (Contains Soybeans)</p> <p><b>SB</b></p>   | <p>Pineapple Chocolate Bar</p> <p>Cocoa Powder, Maple Syrup, Oat Flakes (Contains Oat &amp; Gluten), Orange Extract, Pear, Pineapple, Rice Krispies (Contains Barley &amp; Gluten)</p> <p><b>G</b></p> | <p>Fresh melon slices</p> <p>Honeydew Melon</p>  | <p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p><b>G</b></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

Allergens Key

- |  |  |   |  |   |   |   |
|--|--|---|--|---|---|---|
|  Dairy  |  Eggs |  Soy Beans |  Mustard      |  Lupin   |  Crustaceans |  Peanuts         |
|  Gluten |  Fish |  Nuts      |  Sesame Seeds |  Mollusc |  Celery      |  Sulphur Dioxide |