

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Moroccan vegetable tagine with chick peas, apricots and courgettes served with basmati rice</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Chick Peas, Diced Carrots, Red Peppers, Yellow Peppers, Green Peppers, Courgettes, Onion, Apricot Sulphur Dioxide, 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>SD</p>	<p>Macaroni Beef bolognaise</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Carrots, Chopped Tomatoes, Garden Peas, Onion, Beef Mince, Celery, Swedes, Turnips, Red Lentils, Grated Cheddar Cheese (Contains Milk), 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>D G M</p>	<p>Chicken Alfredo with basmati rice and spinach</p> <p>Ingredients:, Basmati Rice, Carrots, Garden Peas, Spinach, Onion, Chicken Breast, Single Cream (Contains Milk), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Basil</p> <p>D</p>	<p>Mixed beans and spinach rice</p> <p>Ingredients:, Basmati Rice, Carrots, Potatoes, Spinach, Onion, 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>Hawaiian chicken with peppers served with gluten free pasta</p> <p>Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), 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>


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


Dessert


Gluten & soya free Vegan cake	Fruit yoghurt	Gluten & soya free Vegan cake	Fresh melon slices	Gluten & soya free Vegan cake
Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Ingredients: , Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Ingredients: , Honeydew Melon	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon


Allergens Key


-  Dairy



 Eggs


 Soy Beans


 Mustard


 Lupin


 Crustaceans


 Peanuts
-  Gluten


 Fish

 Nuts

 Sesame Seeds

 Mollusc

 Celery

 Sulphur Dioxide