

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Moroccan vegetable tagine with chick peas, apricots and courgettes served with basmati rice</p> <p>Apricot, Basmati Rice, Chick Peas, Cinnamon, Courgettes, 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>Macaroni Lentil bolognaise</p> <p>Basil, Carrots, Celery, Chopped Tomatoes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Grated Cheddar Cheese (Contains Milk), Ground Black Pepper, Onion, Oregano, Parsnips, Red Lentils, Salt, Swedes, Turnips</p> <p>D G</p>	<p>Bean Alfredo with basmati rice and spinach</p> <p>Basil, Basmati Rice, Cannellini Beans, Carrots, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Salt, Single Cream (Contains Milk), Spinach</p> <p>D</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 gluten free pasta</p> <p>Carrots, Demerara Sugar, Garlic, Ginger, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Mixed Peppers, Onion, Pineapple, Red Lentils, Salt, Tomato Paste</p>
Dessert	<p>Gluten Free Oat Flapjacks with fruit pieces</p> <p>Apple, Brown Sugar, Dairy Free Margarine, Gluten Free Oat Flakes, Golden Syrup, Peach, Pear</p>	<p>Fruit yoghurt</p> <p>Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar</p> <p>D</p>	<p>Gluten & soya free Vegan cake</p> <p>Apple, Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</p>	<p>Fresh melon slices</p> <p>Honeydew Melon</p>	<p>Gluten & soya free Vegan cake</p> <p>Apple, Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar</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