

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|--|--|--|--|
| Main | <p>Chicken nuggets and seasonal mixed vegetables with baby new potatoes</p> <p>Baby New Potatoes, Chicken Nuggets (Contains: Gluten), Mixed Vegetables</p> <p>G</p> | <p>Stir fry veggie noodles with red lentils</p> <p>Broccoli, Carrots, Coconut Milk, Courgettes, Egg Free Noodles (Contains Gluten), Green Peppers, Olive Oil, Onion, Red Lentils, Red Peppers, Salt, Sweetcorn, Yellow Peppers</p> <p>G</p> | <p>Creamy Cauliflower and broccoli with chicken and egg free pasta</p> <p>Basil, Broccoli, Cauliflower, Chicken Breast, Garlic, Gluten Free Low Salt Vegetable Stock, Grated Cheddar Cheese (Contains Milk), Ground Black Pepper, Onion, Pasta (Contains Gluten), Salt</p> <p>G D</p> | <p>Healthy Tuna pasta salad</p> <p>Basil, Carrots, Garlic, Ground Black Pepper, Mixed Peppers, Olive Oil, Oregano, Pasta (Contains Gluten), Salt, Sweetcorn, Tuna Chunks (Contains Fish)</p> <p>G F</p> | <p>Mixed beans and spinach couscous</p> <p>Butter Beans, Carrots, Coconut Milk, Cous Cous (Contains Gluten), Ginger, Gluten Free Low Salt Vegetable Stock, Kidney Beans, Onion, Oregano, Potatoes, Salt, Spinach, Turmeric</p> <p>G</p> |
| Dessert | <p>Fruit yoghurt</p> <p>Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar</p> <p>D</p> | <p>Apple and lemon crumble</p> <p>Apple, Brown Sugar, Dairy Free Margarine, Lemon, Vanilla Flavouring, Wheat Flour (Contains Gluten)</p> <p>G</p> | <p>Apple and Pineapple Compote</p> <p>Apple, Brown Sugar, Cinnamon, Peach, Pineapple, Vanilla Flavouring</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>G</p> | <p>Fresh orange slices</p> <p>Oranges</p> |

Allergens Key



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur Dioxide