

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Vegetarian nuggets and seasonal mixed vegetables with baby new potatoes</p> <p>Baby New Potatoes, Mixed Vegetables, Vegetarian Nuggets (Contains Gluten)</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 red lentils and egg free pasta</p> <p>Basil, Broccoli, Cauliflower, Garlic, Gluten Free Low Salt Vegetable Stock, Grated Cheddar Cheese (Contains Milk), Ground Black Pepper, Onion, Pasta (Contains Gluten), Red Lentils, Salt</p> <p>G D</p>	<p>Healthy Chickpea pasta salad</p> <p>Basil, Carrots, Chick Peas, Garlic, Ground Black Pepper, Mixed Peppers, Olive Oil, Oregano, Pasta (Contains Gluten), Salt, Sweetcorn</p> <p>G</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

- 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