

	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 Beef bolognaise</p> <p>Basil, Beef Mince, Carrots, Celery, Chopped Tomatoes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Grated Cheddar Cheese (Contains Milk), Ground Black Pepper, Macaroni Pasta (Contains: Gluten), Onion, Oregano, Parsnips, Red Lentils, Salt, Swedes, Turnips</p> <p><b>G D C</b></p>	<p>Chicken Alfredo with basmati rice and spinach</p> <p>Basil, Basmati Rice, Carrots, Chicken Breast, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Salt, Single Cream (Contains Milk), Spinach</p> <p><b>D</b></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 chicken with peppers served with egg free noodles</p> <p>Carrots, Chicken Breast, Demerara Sugar, Egg Free Noodles (Contains Gluten), Garlic, Ginger, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Mixed Peppers, Onion, Pineapple, 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>Fruit yoghurt</p> <p>Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar</p> <p><b>D</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>Juicy Carrot Cake</p> <p>Butter (Contains: Milk), Cinnamon, Egg, Gluten Free Baking Powder, Grated Carrots, Milk (Contains: Milk), Pinch Of Salt, Soya Flour, Sugar, Sunflower Oil, Wheat Flour (Contains Gluten)</p> <p><b>G E SB D</b></p>

### Allergens Key



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc

















Celery



Sulphur Dioxide

## Allergens Key

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