

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Creamy vegetable curry with lentils and chick pea served with basmati rice</p> <p>Basmati Rice, Black Pepper, Carrots, Chick Peas, Coconut Milk, Coriander, Curry Powder, Garden Peas, Garlic, Ginger, Lentils, Onions, Salt, Sunflower Oil, Turmeric</p>	<p>Chicken Tikka masala with vegetable couscous</p> <p>Basil, Carrots, Chicken Breast, Chopped Tomatoes, Coriander, Cous Cous (Contains Gluten), Cumin, Curry Powder, Garlic, Low Fat Natural Yogurt (Contains Milk), Olive Oil, Onion, Paprika, Parsley, Peppers, Salt, Sugar, Sweetcorn, Tomato Paste, Turmeric</p> <p>G D</p>	<p>Beef pieces in a light plum sauce and oven roasted vegetables with diced potatoes and fresh raw vegetables</p> <p>Basil, Beef Diced, Carrots, Courgettes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Onion, Paprika, Plum Puree, Potatoes, Sugar, Sunflower Oil, Thyme</p>	<p>Roast chicken in a sweet carrot sauce with spinach, butter beans with basmati rice and fresh raw vegetables</p> <p>Basil, Basmati Rice, Carrots, Chicken Breast, Courgettes, Ground Black Pepper, Onion, Raw Veggies, Salt, Spinach, Sunflower Oil</p>	<p>Roast chicken in a creamy cauliflower sauce with red peppers served with egg free noodles</p> <p>Carrots, Cauliflower, Chicken Breast, Courgettes, Egg Free Noodles (Contains Gluten), Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Onion, Oregano, Potatoes, Raw Veggies, Single Cream (Contains Milk), Sunflower Oil</p> <p>G D</p>
Dessert	<p>Oat and raisin cookies</p> <p>Brown Sugar, Dairy Free Sunflower Spread, Honey, Oat Flakes, Raisins</p> <p>G</p>	<p>Strawberry yoghurt</p> <p>Low Fat Yoghurt (Contains Milk), Strawberry Puree, Sugar</p> <p>D</p>	<p>Fresh fruit selection</p> <p>Seasonal Fresh Fruit Pieces</p>	<p>Beetroot cake</p> <p>Beetroot, Butter (Contains: Milk), Egg, Gluten Free Baking Powder, Milk, Soya Flour, Sugar, Wheat Flour (Contains Gluten)</p> <p>G E SB D</p>	<p>Fruit compote with apple, peach and forest berry fruits</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Peach, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</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