

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Lentil and chickpea dhal with herby couscous</p> <p><b>Ingredients:</b>, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Olive Oil, Coriander, Cumin, <b>Curry Powder (Contains Mustard)</b>, Ginger, Ground Black Pepper, Paprika</p> <p><b>G M</b></p>	<p>Beef chilli con carne with kidney beans served with basmati rice</p> <p>Basmati Rice, Baked Beans In Tomato Sauce, Beef Mince, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Smoked Paprika, Olive Oil, Sweetcorn</p>	<p>Roast chicken in Creamy tomato sauce with Italian potatoes</p> <p><b>Ingredients:</b>, Potatoes, Macedoine (Carrot, Swede, Turnip, Peas, Beans), Chopped Tomatoes, Carrots, Chicken Breast, <b>Single Cream (Contains Milk)</b>, Gluten Free Flour, Olive Oil, Onion, Parsley, Basil, Garlic</p> <p><b>D</b></p>	<p>Italian Chicken Pastina</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Onion, Carrots, <b>Celery, Wholemeal Bread (Wholemeal Wheat Flour, Water, Salt, Yeast, Vegetable Oil)</b>, Chicken Breast, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley, Turmeric, Black Pepper</p> <p><b>G C</b></p>	<p>Yum Yum Fish pie</p> <p><b>Ingredients:</b>, Potatoes, Garden Peas, Sweetcorn, Carrots, <b>Fish Mix ( Pollack Fish, Salmon)</b>, Onion, <b>Single Cream (Contains Milk)</b>, Olive Oil, Gluten Free Flour, Lemon Juice, Dill, Garlic, Ground Black Pepper</p> <p><b>F D</b></p>
Dessert	<p>Lemon and apple flapjacks with raisins</p> <p><b>Ingredients:</b>, <b>Porridge Oats (Contains Oat &amp; Gluten)</b>, Apple, Lemon, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar</p> <p><b>G</b></p>	<p>Chocolate Muffins</p> <p><b>Ingredients:</b>, <b>Wheat Flour (With Calcium, Iron, Niacin, Thiamin)</b>, <b>Soya Flour</b>, Chocolate Chips, <b>Butter (Contains: Milk)</b>, Egg, Pinch Of Sugar, Bicarbonate Of Soda</p> <p><b>G E SB D</b></p>	<p>Fresh oranges</p> <p><b>Ingredients:</b>, Oranges</p>	<p>Black Cherry yoghurt</p> <p><b>Ingredients:</b>, <b>Natural Yoghurt (Contains Milk)</b>, Black Cherry, Pinch Of Sugar</p> <p><b>D</b></p>	<p>Green apple cake</p> <p><b>Ingredients:</b>, <b>Wheat Flour (With Calcium, Iron, Niacin, Thiamin)</b>, <b>Soya Flour</b>, Apple, Spinach, <b>Butter (Contains: Milk)</b>, Egg, Pinch Of Sugar</p> <p><b>G E SB D</b></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

**Allergens Key**

