













	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Jacket potatoes with baked beans and grated cheddar cheese</p> <p>Baked Beans In Tomato Sauce, Grated Cheddar Cheese (Contains Milk), Jacket Potatoes</p> <p>D</p>	<p>Slow cooked Mexican beef with basmati rice and fresh raw vegetables</p> <p>Basmati Rice, Beef Mince, Carrots, Fajita Seasoning, Garlic, Ground Black Pepper, Mushrooms, Onion, Paprika, Raw Veggies, Salt, Soya Sauce (Contains Gluten, Soya), Sunflower Oil, Sweetcorn, Tomato Paste</p> <p>G SB</p>	<p>Vegetarian pasta bake with red lentils, mixed peppers and a grated cheddar cheese topping</p> <p>Aubergine, Carrot, Chopped Tomatoes, Egg Free Fusilli (Contains Gluten), Garlic Puree, Gluten Free Low Salt Vegetable Stock, Grated Cheddar Cheese (Contains Milk), Ground Black Pepper, Mixed Herbs, Mixed Peppers, Onions, Parsley, Raw Veggies, Red Lentils, Sweetcorn</p> <p>G D</p>	<p>Fish goujons with garden peas and sauteed potatoes</p> <p>Fish Goujons (Contains Gluten, Fish), Garden Peas, Sauteed Potatoes</p> <p>G F</p>	<p>Chicken, spinach and sweet potato stew with basmati rice and fresh raw vegetables</p> <p>Basmati Rice, Carrots, Chicken Breast, Chopped Tomatoes, Cinnamon, Garlic, Gluten Free Low Salt Vegetable Stock, Onion, Parsley, Raw Veggies, Spinach, Sugar, Sunflower Oil, Sweet Potato</p>
Dessert	<p>Fruit yoghurt</p> <p>Fruit Pureed, Low Fat Yoghurt (Contains Milk), Sugar</p> <p>D</p>	<p>Fruit compote</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring</p>	<p>Apple and cinnamon cake</p> <p>Apple, Cinnamon, Dried Egg, Skimmed Milk Powder, Soya Flour, Sugar, Thickener (Xanthan Gum), Water, Wheat Flour (Contains Gluten)</p> <p>G E SB D</p>	<p>Peach flapjacks</p> <p>Apple, Brown Sugar, Butter (Contains: Milk), Golden Syrup, Peach, Porridge Oats, Sugar</p> <p>G D</p>	<p>Fresh fruit</p> <p>Fresh Fruit</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

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