

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Veggie sausage and garden peas with sautéed potatoes</p> <p>Garden Peas, Sauteed Potatoes, Vegetarian Sausages (Contains Gluten)</p> <p>G</p>	<p>Roasted vegetable pasta bake</p> <p>Chopped Tomatoes, Courgettes, Diced Carrots, Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten), Garlic Puree, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Grated Cheddar Cheese (Contains Milk), Green Peppers, Onion, Red Lentils, Red Peppers, Sweetcorn, Yellow Peppers</p> <p>G D</p>	<p>Roast butter beans with a sweet carrot sauce and garden peas served with egg free noodles</p> <p>Basil, Butter Beans, Carrots, Chopped Tomatoes, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Garden Peas, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Onion, Salt, Spinach, Sunflower Oil</p> <p>G</p>	<p>Lentil cottage pie with potatoes</p> <p>Baked Beans In Tomato Sauce, Carrots, Chopped Tomatoes, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Ground Black Pepper, Mixed Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Salt, Sauteed Potatoes, Smoked Paprika, Sunflower Oil, Thyme, Tomato Paste</p>	<p>Favourite vegetable curry with carrots Served with basmati rice</p> <p>Apple, Basmati Rice, Cannellini Beans, Carrots, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Sunflower Oil, Sweetcorn, Tomato Puree</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

Dessert

Fruit yoghurt

Ingredients:, Natural
Yoghurt (Contains Milk),
Fruit Pureed, Pinch Of Sugar



Pear and pineapple energy
bites

Cocoa Powder, Maple Syrup,
**Oat Flakes (Contains Oat &
Gluten)**, Orange Extract,
Pear, Pineapple, **Rice
Krispies (Rice, Sugar,
Barley Extract, Salt -
Contains Barley)**



Apple and cinnamon cake

Ingredients:, Wheat Flour
(Contains Gluten), **Soya
Flour**, Apple, Butter
(Contains: Milk), Egg, Pinch
Of Sugar, Cinnamon



Mixed fruit crumble

Ingredients:, Wheat Flour
(Contains Gluten),
**Breadcrumbs (Contains:
Gluten)**, Apple, Peach, Pear,
Pinch Of Brown Sugar, Vanilla
Flavouring, Cinnamon



Fresh fruit

Ingredients:, Fresh Fruit

Allergens Key



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur
Dioxide