

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Chicken nuggets with sweetcorn and jacket potatoes</p> <p><b>Ingredients:</b>, Jacket Potatoes, <b>Chicken Nuggets (Chicken, Wheat Flour, Olive Oil, Potato Starch, Yeast)</b>, Sweetcorn</p> <p><b>G</b></p>	<p>Oriental chicken with wrap and fresh raw veggies</p> <p><b>Ingredients:</b>, <b>Wrap (Contains Wheat, Gluten)</b>, Chicken Breast, Lettuce, Cucumber, Sweetcorn, Paprika, Garlic, Parsley, Basil, Turmeric</p> <p><b>G</b></p>	<p>Lentil veggie pasta with red pesto</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Tomatoes, Lentils, Carrots, Sweetcorn, Onion, Spinach, <b>Celery</b>, <b>Single Cream (Contains Milk)</b>, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley</p> <p><b>G D C</b></p>	<p>Spinach and cheese fingers with carrots and potatoes</p> <p><b>Ingredients:</b>, Potatoes, <b>Spinach And Cheese Fingers (Wheat Flour, Vegetable Oil, Spinach, White Cheese (Milk), Onion, Corn Starch, Salt, Sugar, Red Pepper)</b>, Carrots, Olive Oil, Garlic, Parsley</p> <p><b>G D</b></p>	<p>Rosemary chicken with mixed veggies and garlic bread</p> <p><b>Ingredients:</b>, <b>Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast)</b>, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika</p> <p><b>G</b></p>
<b>Dessert</b>	<p>Fruit yoghurt</p> <p><b>Ingredients:</b>, <b>Natural Yoghurt (Contains Milk)</b>, Fruit Pureed</p> <p><b>D</b></p>	<p>Apple and apricot flapjacks</p> <p><b>Ingredients:</b>, <b>Porridge Oats (Contains Oat &amp; Gluten)</b>, Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar</p> <p><b>G</b></p>	<p>Apple crumble</p> <p><b>Ingredients:</b>, <b>Wheat Flour (With Calcium, Iron, Niacin, Thiamin)</b>, <b>Breadcrumbs (Contains: Gluten)</b>, Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon</p> <p><b>G</b></p>	<p>Vegan, soya free cake</p> <p><b>Ingredients:</b>, <b>Wheat Flour (With Calcium, Iron, Niacin, Thiamin)</b>, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> <p><b>G</b></p>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, 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

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<b>D</b> Dairy	<b>E</b> Eggs	<b>SB</b> Soy Beans	<b>M</b> Mustard	<b>L</b> Lupin	<b>C</b> Crustaceans	<b>P</b> Peanuts
<b>G</b> Gluten	<b>F</b> Fish	<b>N</b> Nuts	<b>SS</b> Sesame Seeds	<b>M</b> Mollusc	<b>C</b> Celery	<b>SD</b> Sulphur Dioxide