

## **Monday** Tuesday Wednesday **Thursday Friday** Lentil and chickpea dhal Chicken and leeks with Chicken chowder served Main Beef chilli con carne with Vegetable chow main served with egg free with herby couscous kidney beans served with carrots in a creamy sauce with yellow rice basmati rice served with potatoes noodles Carrot, Chick Peas, Chopped Basmati Rice, Carrot, Chicken Breast, Dill, Garden Peas, Tomatoes, Coconut Milk, Baked Beans In Tomato Carrot, Chicken Breast, Carrot, Egg Free Noodles Coriander, Cous Cous Gluten Free Flour, Gluten Sauce, Beef Mince, Chopped Garlic, Gluten Free Flour, (Contains Gluten), Ginger, (Contains Gluten), Cumin, Free Low Salt Vegetable Gluten Free Low Salt Tomatoes, Fajita Seasoning, Gluten Free Low Salt Curry Powder, Ginger, Stock, Ground Black Pepper, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Vegetable Stock, Green Ground Black Pepper, Lentils, Vegetable Stock, Ground Black Pepper, Lemon Juice, Lemon Juice, Onion, Parsley, Beans, Mixed Peppers, Onion, Paprika, Potato, Salt, Potatoes, Salt, Single Cream Black Pepper, Kidney Beans, Onion, Potatoes, Salt, Single Mushrooms, Olive Oil, Onion, Sunflower Oil, Turmeric Mixed Herbs - Dried, Mixed (Contains Milk), Sunflower Oil, Cream (Contains Milk), Red Lentils Smoked Paprika, Sunflower Sweetcorn, Turmeric Peppers, Onion, Paprika, Salt, Sunflower Oil, Sweetcorn Oil, Tumeric **G** G **(D) (D)** Dessert Date and apple flapjacks Fruit yoghurt Juicy courgette and carrot Fresh fruit Beetroot and chocolate cake cake Fruit Pureed, Low Fat Yoghurt Fresh Fruit Apple, Brown Sugar, Dairy Free Margarine, Date, Golden (Contains Milk), Sugar Butter (Contains: Milk), Beetroot, Butter (Contains: Syrup, Porridge Oats Cinnamon, Egg, Grated Milk), Chocolate Powder, Egg, (Contains Oat & Gluten) Carrots, Grated Courgette, Gluten Free Baking Powder, **(D)** Milk, Sunflower Oil, Wheat Milk, Soya Flour, Sugar, Sunflower Oil, Wheat Flour G Flour (Contains Gluten) (Contains Gluten) **G B B D** G 📵 🔞 (D)

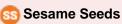
## **Allergens Key**













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