

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

## Allergens Key

- |                 |               |                     |                        |                  |                      |                           |
|-----------------|---------------|---------------------|------------------------|------------------|----------------------|---------------------------|
| <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 |