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	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Lentil and chickpea dhal with basmati rice Basmati Rice, Carrot, Chick Peas, Chopped Tomatoes, Coconut Milk, Coriander, Cumin, Curry Powder, Ginger, Ground Black Pepper, Lentils, Onion, Paprika, Potato, Salt, Sunflower Oil, Turmeric	Beef chilli con carne with kidney beans served with basmati rice 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	Chicken and leeks with carrots in a creamy sauce served with potatoes DF Carrot, Chicken Breast, Coconut Milk, Garlic, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Lemon Juice, Onion, Potatoes, Salt, Smoked Paprika, Sunflower Oil, Tumeric	Chicken chowder served with yellow rice Basmati Rice, Carrot, Chicken Breast, Coconut Milk, Dill, Garden Peas, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Lemon Juice, Onion, Parsley, Potatoes, Salt, Sunflower Oil, Sweetcorn, Turmeric	Vegetable chow main served with Gluten free pasta Carrot, Ginger, Gluten Free Low Salt Vegetable Stock, Gluten Free Pasta, Green Beans, Mixed Peppers, Mushrooms, Olive Oil, Onion, Red Lentils
Dessert	Gluten & soya free Vegan cake Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar	Fresh fruit Fresh Fruit	Gluten & soya free Vegan cake Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar	Fruit compote Apple, Blackberries, Blackcurrants, Brown Sugar, Cinnamon, Pear, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring	Gluten & soya free Vegan cake Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Gluten Free Flour, Peach, Pear, Salt, Sugar