

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

Allergens Key



















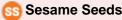












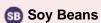
















Lupin











