yumyum AK

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Lentil and chickpea dhal with herby couscous 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 (G)	Vegetarian chilli con carne with kidney beans served with basmati rice Baked Beans In Tomato Sauce, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock, Green Lentils, Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Paprika, Salt, Sunflower Oil, Sweetcorn	Butter beans and leeks with carrots in a creamy sauce served with potatoes Butter Beans, Carrot, 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 (D)	Vegetable chowder with cannellini beans served with yellow rice Basmati Rice, Cannellini Beans, Carrot, Celery, 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 (D) (C)	Vegetable chow main served with egg free noodles Carrot, Egg Free Noodles (Contains Gluten), Ginger, Gluten Free Low Salt Vegetable Stock, Green Beans, Mixed Peppers, Mushrooms, Olive Oil, Onion, Red Lentils (G)
Dessert	Date and apple flapjacks Apple, Brown Sugar, Dairy Free Margarine, Date, Golden Syrup, Porridge Oats (Contains Oat & Gluten) (G)	Fruit yoghurt Fruit Pureed, Low Fat Yoghurt (Contains Milk), Sugar (D)	Juicy courgette and carrot cake Butter (Contains: Milk), Cinnamon, Egg, Grated Carrots, Grated Courgette, Milk, Sunflower Oil, Wheat Flour (Contains Gluten) (G) (E) (SB) (D)	Fresh fruit Fresh Fruit	Beetroot and chocolate cake Beetroot, Butter (Contains: Milk), Chocolate Powder, Egg, Gluten Free Baking Powder, Milk, Soya Flour, Sugar, Sunflower Oil, Wheat Flour (Contains Gluten) (G) (E) (SB) (D)

Allergens Key

(D) Dairy	(E) Eggs	(SB) Soy Beans	(M) Mustard	(L) Lupin	(C) Crustanceans	(P) Peanuts
(G) Gluten	(F) Fish	(N) Nuts	(SS) Sesame Seeds	(M) Mollusc	(C) Celery	(SD) Sulphur Dioxide

Allergens Key

D Dairy   **E** Eggs   **SB** Soy Beans   **M** Mustard   **L** Lupin   **C** Crustanceans   **P** Peanuts

G Gluten   **F** Fish   **N** Nuts   **SS** Sesame Seeds   **M** Mollusc   **C** Celery   **SD** Sulphur Dioxide