

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<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>G</p>	<p>Vegetarian chilli con carne with kidney beans served with basmati rice</p> <p>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</p>	<p>Butter beans and leeks with carrots in a creamy sauce served with potatoes</p> <p>Butter Beans, Carrot, 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</p>	<p>Vegetable chowder with cannellini beans served with yellow rice DF</p> <p>Basmati Rice, Cannellini Beans, Carrot, Celery, 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</p> <p>G</p> <p>C</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>G</p>
Dessert	<p>Date and apple flapjacks</p> <p>Apple, Brown Sugar, Dairy Free Margarine, Date, Golden Syrup, Porridge Oats (Contains Oat & Gluten)</p> <p>G</p>	<p>Soya yoghurt</p> <p>Soy Beans</p> <p>SB</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</p>	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Vegan, soya free cake</p> <p>Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)</p> <p>G</p>

Allergens Key

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