

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Veggie nuggets with mixed vegetables and potatoes F</p> <p>Ingredients:, Potatoes, Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Olive Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn</p> <p>G</p>	<p>Green Chicken pesto pasta F</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Spinach, Green Beans, Garden Peas, Soya Mince (Contains Soybeans), Chicken Breast, Olive Oil, Grated Cheddar Cheese (Contains Milk), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Black Pepper</p> <p>G SB D</p>	<p>Spinach and cheese fingers with sweetcorn and sauteed potatoes F</p> <p>Ingredients:, Potatoes, Spinach And Cheese Fingers (Wheat Flour, Vegetable Oil, Spinach, White Cheese (Milk), Onion, Corn Starch, Salt, Sugar, Red Pepper), Sweetcorn</p> <p>G D</p>	<p>Teriyaki chicken with veggie noodles F</p> <p>Ingredients:, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Oriental Vegetables (Carrot, Onion, Peppers, Bamboo Shoots, Baby Corn, Mushrooms, Mangetout), Onion, Chicken Breast, Olive Oil, Gluten Free Soya Sauce, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ginger, Garlic</p> <p>G SB</p>	<p>Chicken curry with basmati rice F</p> <p>Ingredients:, Basmati Rice, Chopped Tomatoes, Spinach, Potatoes, Carrots, Chicken Breast, Ginger, Cumin, Turmeric, Coriander, Garam Masala, Black Pepper, Curry Powder (Contains Mustard)</p> <p>M</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

Dessert

Fruit yoghurt

Ingredients: Natural
Yoghurt (Contains Milk),
Fruit Pureed

D

Mixed fruit crumble

Ingredients: Wheat Flour
(With Calcium, Iron, Niacin,
Thiamin), Breadcrumbs
(Contains: Gluten), Apple,
Peach, Pear, Dairy Free
Margarine, Vanilla Flavouring,
Pinch Of Brown Sugar,
Cinnamon

G

Fruit compote

Ingredients: Apple, Peach,
Pear, Pinch Of Brown Sugar,
Vanilla Flavouring, Cinnamon

Fruit compote

Ingredients: Apple, Peach,
Pear, Pinch Of Brown Sugar,
Vanilla Flavouring, Cinnamon

Apple and Chocolate cake

Ingredients: Wheat Flour
(With Calcium, Iron, Niacin,
Thiamin), Soya Flour, Apple,
Egg, Milk, Pinch Of Brown
Sugar, Cocoa Powder, Gluten
Free Baking Powder

G E SB D

Allergens Key

D

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Sulphur
Dioxide

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Chicken biriyani F</p> <p>Ingredients:, Basmati Rice, Potatoes, Garden Peas, Onion, Chicken Breast, Olive Oil, Black Pepper, Cloves, Garlic, Turmeric, Carrots, Curry Powder (Contains Mustard), Cinnamon, Allspice, Cardamom</p> <p>M</p>	<p>Chicken Pasta with Mixed Peppers, Vegetables & Cheese in Paprika Sauce F</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Sweetcorn, Garden Peas, Carrots, Tomato Paste, Mixed Peppers, Chicken Breast, Soya Mince (Contains Soybeans), Single Cream (Contains Milk), Grated Cheddar Cheese (Contains Milk), Olive Oil, Garlic, Paprika, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Black Pepper</p> <p>G SB D</p>	<p>Paprika chicken and green beans with baby new potato salad F</p> <p>Ingredients:, Potatoes, Chicken Breast, Green Beans, Olive Oil, Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin</p>	<p>Falafel balls with green beans and garlic bread with yoghurt dip F</p> <p>Ingredients:, Gluten Free Falafel: Chickpeas, Broad Beans, Onions, Vegetable Oil, Parsley, Coriander, Water, Cumin, Salt, Garlic, Sodium Bicarbonate, Ginger, Cardamom, White Pepper., Green Beans, Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Natural Yoghurt (Contains Milk), Parsley, Garlic</p> <p>G D</p>	<p>Beef bolognaise with penne pasta F</p> <p>Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chopped Tomatoes, Tomato Paste, Onion, Beef Mince, Soya Mince (Contains Soybeans), Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Black Pepper, Garlic, Basil, Oregano</p> <p>G SB</p>

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- 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

Dessert

Chocolate Muffins

Ingredients: Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Chocolate Chips, Butter (Contains: Milk), Egg, Pinch Of Sugar, Bicarbonate Of Soda



Fruit compote

Ingredients: Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

Stewed apple

Ingredients: Apple, Vanilla, Golden Syrup, Cinnamon

Blueberry Muffins

Ingredients: Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Blueberry, Butter (Contains: Milk), Milk, Egg, Pinch Of Brown Sugar, Gluten Free Baking Powder



Fruit compote

Ingredients: Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

Allergens Key



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur Dioxide

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Moroccan Chickpea Stew with Carrots Courgettes and Bulgur wheat F</p> <p>Ingredients: Bulgur Wheat (Contains Gluten), Carrots, Courgettes, Onion, Olive Oil, Chick Peas, Lemon Juice (Contains Sulphites), Golden Syrup, Cumin, Ginger, Cinnamon, Paprika, Black Pepper, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Turmeric, Cloves, Garlic, Mixed Herbs - Dried</p> <p>G SD</p>	<p>Stir fry chicken noodles with peppers in soy dressing F</p> <p>Ingredients: Olive Oil, Onion, Chicken Breast, Mixed Peppers, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Garlic, Black Pepper, Smoked Paprika, Cumin, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Herbs - Dried, Thyme, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</p> <p>G SB</p>	<p>Jacket potatoes with baked beans and cheese F</p> <p>Ingredients: Potatoes, Baked Beans In Tomato Sauce, Grated Cheddar Cheese (Contains Milk)</p> <p>D</p>	<p>Chicken nuggets with mixed vegetables and garlic bread and sour cream dressing F</p> <p>Ingredients: Chicken Nuggets (Chicken, Wheat Flour, Olive Oil, Potato Starch, Yeast), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Sour Cream (Contains Milk), Black Pepper, Lemon Juice (Contains Sulphites), Parsley</p> <p>G D SD</p>	<p>Tuna pasta bake with sweetcorn F</p> <p>Ingredients: Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten), Chopped Tomatoes, Tomato Paste, Carrots, Tuna Chunks (Contains Fish), Sweetcorn, Onion, Grated Cheddar Cheese (Contains Milk), Olive Oil, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning</p> <p>G F D SD</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

Dessert

Fruit yoghurt

Ingredients:, Natural
Yoghurt (Contains Milk),
Fruit Pureed

D

Apple and Peach
Chocolate cake

Ingredients:, Wheat Flour
(With Calcium, Iron, Niacin,
Thiamin), Soya Flour, Apple,
Peach, Egg, Milk, Pinch Of
Brown Sugar, Cocoa Powder,
Gluten Free Baking Powder

G E SB D

Apple crumble

Ingredients:, Wheat Flour
(With Calcium, Iron, Niacin,
Thiamin), Breadcrumbs
(Contains: Gluten), Apple,
Dairy Free Margarine, Vanilla
Flavouring, Pinch Of Brown
Sugar, Cinnamon

G

Fruit cake

Ingredients:, Wheat Flour
(With Calcium, Iron, Niacin,
Thiamin), Soya Flour, Apple,
Fruit Pureed, Butter
(Contains: Milk), Egg, Pinch
Of Sugar, Cinnamon

G E SB D

Forest fruit flapjacks

Ingredients:, Porridge Oats
(Contains Oat & Gluten),
Apple, Forest Fruits (Blackber-
ries, strawberries, redcurrants,
blackcurrants, raspberries),
Dairy Free Margarine, Golden
Syrup, Pinch Of Brown Sugar

G

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