

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Baby new potatoes and mayo with cheese and sweetcorn</p> <p><b>Ingredients:</b>, Potatoes, <b>Mayonnaise (Rapeseed Oil, Egg Spirit Vinegar, Sugar, Salt, Lemon Juice Flavouring, Paprika - Contains Eggs)</b>, Sweetcorn, <b>Grated Cheddar Cheese (Contains Milk)</b>, Olive Oil, Mustard, Rosemary, Garlic</p> <p><b>E D M</b></p>	<p>Lentil pasta salad</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Mixed Peppers, Carrots, Courgettes, Sweetcorn, Onion, Lentils, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper</p> <p><b>G</b></p>	<p>Pitta bread with veggie nuggets and fresh vegetables with garlic yoghurt dip</p> <p><b>Ingredients:</b>, <b>Pitta Bread (Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Yeast, Salt - Contains Gluten)</b>, Cucumber, Tomatoes, Lettuce, <b>Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Sunflower Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric)</b>, <b>Natural Yoghurt (Contains Milk)</b>, Olive Oil, Lemon Juice, Mustard, Coriander, Cumin, Garlic, Ground Black Pepper, Mixed Herbs - Dried, Paprika, Parsley, Basil</p> <p><b>G D M</b></p>	<p>Chickpea Couscous</p> <p><b>Ingredients:</b>, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, Carrots, Mixed Peppers, Chick Peas, Sweetcorn, Onion, Olive Oil, Lemon Juice, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper, Parsley, Paprika</p> <p><b>G</b></p>	<p>Falafel balls with quinoa salad</p> <p><b>Ingredients:</b>, Gluten Free Quinoa, Lettuce, Sweetcorn, Onion, <b>Falafel Balls (Chick Peas, Onion, Rapeseed Oil, Wheat Flour, Cumin, Garlic, Salt, Coriander, Chilli Powder, Lemon Juice, Black Pepper, Turmeric)</b>, Honey, Lemon Juice, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Basil, Coriander, Cumin, Garlic, Paprika, Parsley</p> <p><b>G</b></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, Pinch Of Sugar



Berry flapjacks

**Ingredients:**, Porridge Oats (Contains Oat & Gluten), Apple, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Dairy Free Margarine, Pinch Of Brown Sugar, Golden Syrup



Fresh fruit salad

**Ingredients:**, Red Apple, Honeydew Melon, Oranges, Pineapple

Cinnamon and pineapple cake

**Ingredients:**, Wheat Flour (Contains Gluten), Soya Flour, Pineapple, Butter (Contains: Milk), Vegetable Oil, Egg, Pinch Of Sugar, Cinnamon



Fresh melon slices

**Ingredients:**, Honeydew Melon

**Allergens Key**

- Dairy
- Eggs
- Soy Beans
- Mustard
- Lupin
- Crustaceans
- Peanuts
- Gluten
- Fish
- Nuts
- Sesame Seeds
- Mollusc
- Celery
- Sulphur Dioxide