

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Lentil and chickpea dhal with basmati rice</p> <p><b>Ingredients:</b>, Basmati Rice, Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Coriander, Cumin, <b>Curry Powder (Contains Mustard)</b>, Ginger, Ground Black Pepper, Paprika</p> <p><b>M</b></p>	<p>Beef tagine with herby couscous</p> <p><b>Ingredients:</b>, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, Onion, Beef Mince, Carrots, Green Beans, <b>Single Cream (Contains Milk)</b>, Dill, Garlic, Gluten Free Flour, Lemon Juice, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Bay Leaves, Mixed Herbs - Dried, Ground Black Pepper, Turmeric</p> <p><b>G D</b></p>	<p>Chicken and Leeks with Roasted potatoes</p> <p><b>Ingredients:</b>, Potatoes, Carrots, Leeks, Mushrooms, Onion, Tomato Paste, Chicken Breast, <b>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite)</b>, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Basil, Garlic</p>	<p>Tuna pasta bake with sweetcorn</p> <p><b>Ingredients:</b>, <b>Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten)</b>, Chopped Tomatoes, Tomato Paste, Carrots, <b>Tuna Chunks (Contains Fish)</b>, Sweetcorn, Onion, <b>Grated Cheddar Cheese (Contains Milk)</b>, Sunflower Oil, <b>Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite)</b>, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning</p> <p><b>G F D SD</b></p>	<p>Chicken tikka masala served with basmati rice</p> <p><b>Ingredients:</b>, Basmati Rice, Chopped Tomatoes, Carrots, Chicken Breast, Onion, <b>Single Cream (Contains Milk)</b>, Sunflower Oil, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger</p> <p><b>D</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**

Chocolate and cinnamon flapjacks

**Ingredients:** Porridge Oats (Contains Oat & Gluten), Apple, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar, Cocoa Powder, Cinnamon



Fresh fruit selection

**Ingredients:** Seasonal Fresh Fruit Pieces

Marble Cake

**Ingredients:** Wheat Flour (Contains Gluten), Butter (Contains: Milk), Egg, Gluten Free Baking Powder, Pinch Of Sugar, Chocolate Powder, Vanilla



Fruit yoghurt

**Ingredients:** Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar



Butternut Squash Cake

**Ingredients:** Wheat Flour (Contains Gluten), Soya Flour, Butternut Squash, Vegetable Oil, Golden Syrup, Egg, Pinch Of Sugar, Gluten Free Baking Powder



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