

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|---|--|---|--|
| Main | <p>Bean and sweetcorn with potatoes</p> <p>Ingredients:, Beans, Sweetcorn, Potatoes</p> | <p>Chicken and carrots with couscous</p> <p>Ingredients:, Chicken Breast, Carrots, Cous Cous (Durum Wheat Semolina - Contains Gluten)</p> <p>G</p> | <p>Lentil and tomatoes with pasta</p> <p>Ingredients:, Lentils, Tomatoes, Pasta (Durum Wheat Semolina - Contains Gluten)</p> <p>G</p> | <p>Chicken and mixed veggies with potatoes</p> <p>Ingredients:, Chicken Breast, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Potatoes</p> | <p>Bean and spinach with potatoes</p> <p>Ingredients:, Beans, Spinach, Potatoes</p> |
| Dessert | <p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</p> | <p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</p> | <p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</p> | <p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</p> | <p>Fresh fruit</p> <p>Ingredients:, Fresh Fruit</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