

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