

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|--|--|--|---|--|
| Main | <p>Chickpea and carrots with couscous</p> <p>Ingredients:, Chick Peas, Carrots, Cous Cous (Durum Wheat Semolina - Contains Gluten)</p> <p>G</p> | <p>Lentil and peppers with rice</p> <p>Ingredients:, Lentils, Peppers, Basmati Rice</p> | <p>Bean and carrot turnips swede peas with potatoes</p> <p>Ingredients:, Beans, Carrots, Turnips, Swedes, Garden Peas, Potatoes</p> | <p>Chickpea and carrots with pasta</p> <p>Ingredients:, Chick Peas, Carrots, Pasta (Durum Wheat Semolina - Contains Gluten)</p> <p>G</p> | <p>Bean with sweetcorn and potatoes</p> <p>Ingredients:, Beans, Sweetcorn, Potatoes</p> |
| Dessert | <p>Fruit</p> <p>Ingredients:, Fresh Fruit</p> | <p>Fruit</p> <p>Ingredients:, Fresh Fruit</p> | <p>Fruit</p> <p>Ingredients:, Fresh Fruit</p> | <p>Fruit</p> <p>Ingredients:, Fresh Fruit</p> | <p>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