

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Root vegetables with bulgar wheat Ingredients: , Stewpack (Onion, Carrots, Turnip, Swede, Celery), Bulgar Wheat (Contains Gluten) G C	Beef and peas with noodles Ingredients: , Beef Mince, Garden Peas, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten) G	Chicken and spinach with rice Ingredients: , Chicken Breast, Spinach, Basmati Rice	Chicken and sweetcorn with potatoes Ingredients: , Chicken Breast, Sweetcorn, Potatoes	Lentil and carrots with pasta Ingredients: , Lentils, Carrots, Pasta (Durum Wheat Semolina - Contains Gluten) G
Dessert	Fruit Ingredients: , Fresh Fruit	Fruit Ingredients: , Fresh Fruit	Fruit Ingredients: , Fresh Fruit	Fruit Ingredients: , Fresh Fruit	Fruit Ingredients: , Fresh Fruit

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