

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|---|--|--|--|--|
| Main | <p>Chick pea and lentil with couscous</p> <p>Chick Peas, Cous Cous (Durum Wheat Semolina - Contains Gluten), Lentils</p> <p>G</p> | <p>Lentils with tomato and rice</p> <p>Basmati Rice, Lentils, Tomatoes</p> | <p>Butter beans with carrots and potatoes</p> <p>Butter Beans, Carrots, Potatoes</p> | <p>Cannellini beans with sweetcorn and rice</p> <p>Basmati Rice, Cannellini Beans, Sweetcorn</p> | <p>Butter beans with peppers and egg free noodles</p> <p>Butter Beans, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Peppers</p> <p>G</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