

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

## Allergens Key

<b>D</b> Dairy	<b>E</b> Eggs	<b>SB</b> Soy Beans	<b>M</b> Mustard	<b>L</b> Lupin	<b>C</b> Crustaceans	<b>P</b> Peanuts
<b>G</b> Gluten	<b>F</b> Fish	<b>N</b> Nuts	<b>SS</b> Sesame Seeds	<b>M</b> Mollusc	<b>C</b> Celery	<b>SD</b> Sulphur Dioxide