

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