





	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> </p>	<p>Lentil and peas with noodles</p> <p>Ingredients:, Lentils, Garden Peas, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</p> <p></p>	<p>Bean and spinach with rice</p>	<p>Bean and sweetcorn with potatoes</p> <p>Ingredients:, Beans, Sweetcorn, Potatoes</p>	<p>Lentil and carrots with pasta</p> <p>Ingredients:, Lentils, Carrots, Pasta (Durum Wheat Semolina - Contains Gluten)</p> <p></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



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur
Dioxide