




	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Red Lentil and carrots with basmati rice	Beef and green beans with couscous	Chicken and leeks with potatoes	Tuna and sweetcorn with pasta	Chicken and tomatoes with basmati rice
	Basmati Rice, Carrots, Red Lentils	Beef Mince, Cous Cous (Durum Wheat Semolina - Contains Gluten) , Green Beans	Ingredients: , Potatoes, Leeks, Chicken Breast	Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten) , Sweetcorn, Tuna	Basmati Rice, Chicken Breast, Chopped Tomatoes
				 	
Dessert	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Ingredients: , Fresh Fruit	Ingredients: , Fresh Fruit	Ingredients: , Fresh Fruit	Ingredients: , Fresh Fruit	Ingredients: , Fresh Fruit

Allergens Key

 Dairy

 Eggs

 Soy Beans


 Mustard


 Gluten


 Fish


 Nuts


 Sesame Seeds


 Lupin

 Crustaceans

 Peanuts

 Mollusc

 Celery

 Sulphur Dioxide