

















	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Red Lentil and carrots with basmati rice	Chickpeas and peppers with couscous	Butter beans and leeks with potatoes	Chickpeas and sweetcorn with pasta	Cannellini beans and tomatoes with basmati rice
	Basmati Rice, Carrots, Red Lentils	Chick Peas, Cous Cous (Durum Wheat Semolina - Contains Gluten) , Mixed Peppers	Ingredients: , Potatoes, Leeks, Butter Beans	Chick Peas, Penne Pasta, Sweetcorn	Basmati Rice, Cannellini Beans, 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	 Lupin	 Crustaceans	 Peanuts
 Gluten	 Fish	 Nuts	 Sesame Seeds	 Mollusc	 Celery	 Sulphur Dioxide