

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Chickpeas and sweetcorn with potatoes</p> <p>Chick Peas, Potatoes, Sweetcorn</p>	<p>Green Lentils and peppers with pasta</p> <p>Green Lentils, Mixed Peppers, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b></p> <p><b>G</b></p>	<p>Chicken peas with potatoes</p> <p>Chicken Breast, Garden Peas, Potatoes</p>	<p>Chickpeas and carrots with couscous</p> <p>Carrots, Chick Peas, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b></p> <p><b>G</b></p>	<p>Chicken with peppers and quinoa</p> <p>Chicken Breast, Gluten Free Quinoa, Mixed Peppers</p>
<b>Dessert</b>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Fresh 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