

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Root vegetable with couscous	Beef and mushroom with pasta	Chicken and spinach with basmati rice	Fish fillet with carrots and potatoes	Chicken, tomato and sweetcorn with pasta
	Carrots, Celery, Cous Cous (Contains Gluten), Onion, Swedes, Turnips	Beef Mince, Mushrooms, Pasta (Contains Gluten)	Basmati Rice, Chicken Breast, Spinach	Alaska Pollack (Contains Fish), Carrots, Potatoes	Chicken Breast, Chopped Tomatoes, Pasta (Contains Gluten), Sweetcorn
	<b>G</b> <b>C</b>	<b>G</b>		<b>F</b>	<b>G</b>
<b>Dessert</b>	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

### 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