



















	Monday	Tuesday	Wednesday	Thursday	Friday
Main	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
	<b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b> , Carrots, Turnips, Swedes, Onion, <b>Celery</b>	Beef Mince, Mushrooms, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>	Basmati Rice, Chicken Breast, Spinach	<b>Alaska Pollack (Contains Fish)</b> , Carrots, Potatoes	Chicken Breast, Chopped Tomatoes, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b> , Sweetcorn
	 				
Dessert	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	<b>Ingredients:</b> , Fresh Fruit	<b>Ingredients:</b> , Fresh Fruit	<b>Ingredients:</b> , Fresh Fruit	<b>Ingredients:</b> , Fresh Fruit	<b>Ingredients:</b> , Fresh Fruit

### Allergens Key

 Dairy	 Eggs	 Soy Beans	 Mustard	 Lupin	 Crustaceans	 Peanuts
 Gluten	 Fish	 Nuts	 Sesame Seeds	 Mollusc	 Celery	 Sulphur Dioxide