

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Root vegetable with couscous</p> <p>Carrots, Celery, Cous Cous (Contains Gluten), Onion, Swedes, Turnips</p> <p><b>G</b> <b>C</b></p>	<p>Lentils and mushroom with pasta</p> <p>Green Lentils, Mushrooms, Pasta (Contains Gluten)</p> <p><b>G</b></p>	<p>Butter beans and spinach with basmati rice</p> <p>Basmati Rice, Butter Beans, Spinach</p>	<p>Cannellini beans with carrots and potatoes</p> <p>Cannellini Beans, Carrots, Potatoes</p>	<p>Red lentils tomato and sweetcorn with pasta</p> <p>Chopped Tomatoes, Pasta (Contains Gluten), Red Lentils, Sweetcorn</p> <p><b>G</b></p>
Dessert	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Fresh fruit</p> <p>Fresh Fruit</p>	<p>Fresh fruit</p> <p>Fresh Fruit</p>

### 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