

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Root vegetable with couscous</p> <p><b>Cous Cous (Durum Wheat Semolina - Contains Gluten),</b> Carrots, Turnips, Swedes, Onion, <b>Celery</b></p> <p><b>G</b> <b>C</b></p>	<p>Lentils and mushroom with pasta</p> <p>Green Lentils, Mushrooms, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b></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, <b>Pasta (Durum Wheat Semolina - Contains Gluten),</b> Red Lentils, Sweetcorn</p> <p><b>G</b></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