

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Chickpeas and peppers with couscous	Beef and garden peas with pasta	Chicken and spinach, carrots with basmati rice	Cannellini beans and cabbage with potatoes	Chicken, pineapple and peppers with noodles
	Chick Peas, Cous Cous (Contains Gluten), Mixed Peppers	Beef Mince, Garden Peas, Pasta (Contains Gluten)	Basmati Rice, Carrots, Chicken Breast, Spinach	Cabbage, Cannellini Beans, Potatoes	Chicken Breast, Egg Free Noodles (Contains Gluten), Mixed Peppers, Pineapple
	<b>G</b>	<b>G</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