

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chickpeas and peppers with couscous	Beef and garden peas with pasta	Chicken and spinach, carrots with basmati rice	Butter beans with spinach and couscous	Chicken, pineapple and peppers with noodles
	Chick Peas, Cous Cous (Durum Wheat Semolina - Contains Gluten) , Mixed Peppers	Beef Mince, Garden Peas, Pasta (Durum Wheat Semolina - Contains Gluten)	Basmati Rice, Carrots, Chicken Breast, Spinach	Butter Beans, Cous Cous (Durum Wheat Semolina - Contains Gluten) , Spinach	Chicken Breast, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten) , Mixed Peppers, Pineapple
	G	G		G	G
Dessert	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Ingredients: , Fresh Fruit	Ingredients: , Fresh Fruit	Ingredients: , Fresh Fruit	Ingredients: , Fresh Fruit	Ingredients: , Fresh Fruit

Allergens Key

D Dairy **E** Eggs **SB** Soy Beans **M** Mustard **G** Gluten **F** Fish **N** Nuts **SS** Sesame Seeds

L Lupin **C** Crustaceans **P** Peanuts **M** Mollusc **C** Celery **SD** Sulphur Dioxide