



















	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Chickpeas and peppers with couscous	Red lentils and garden peas with pasta	Cannellini beans and spinach, carrots with basmati rice	Butter beans with spinach and couscous	Red lentils, pineapple and peppers with noodles
	Chick Peas, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b> , Mixed Peppers	Garden Peas, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b> , Red Lentils	Basmati Rice, Cannellini Beans, Carrots, Spinach	Butter Beans, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b> , Spinach	<b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b> , Mixed Peppers, Pineapple, Red Lentils
					
<b>Dessert</b>	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