

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