




















	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Mixed Beans and sweetcorn with potatoes	Lentils and garden peas with couscous	Mixed Beans and root veggies with noodles	Lentils and carrots with pasta	Chickpeas with sweetcorn and couscous
	Mixed Beans, Potatoes, Sweetcorn	<b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b> , Garden Peas, Lentils 	Carrots, <b>Celery</b> , <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b> , Mixed Beans, Onion, Swedes, Turnips  	Carrots, Lentils, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b> 	Chick Peas, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b> , Sweetcorn 
<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