

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Butter beans, carrots and sweetcorn with basmati rice	Red lentils, carrots and peppers with noodles	Chickpeas, cauliflower and broccoli pasta	Lentils, peppers and sweetcorn and basmati rice	Mixed beans and spinach couscous
	Basmati Rice, Butter Beans, Carrots, Sweetcorn	Carrots, Egg Free Noodles (Contains Gluten), Mixed Peppers, Red Lentils	Broccoli, Cauliflower, Chick Peas, Pasta (Contains Gluten)	Basmati Rice, Lentils, Mixed Peppers, Sweetcorn	Butter Beans, Cannellini Beans, Cous Cous (Contains Gluten), Spinach
		<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