




	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Chickpea and carrots with rice</p> <p>Ingredients:, Chick Peas, Carrots, Rice</p>	<p>Root vegetables and mash</p> <p>Ingredients:, Stewpack (Onion, Carrots, Turnip, Swede, Celery), Potatoes</p> <p></p>	<p>Chicken and courgette with rice</p> <p>Ingredients:, Chicken Breast, Courgettes, Basmati Rice</p>	<p>Chicken and mushroom with noodles</p> <p>Ingredients:, Chicken Breast, Mushrooms, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</p> <p></p>	<p>Lentil and tomatoes with pasta</p> <p>Ingredients:, Lentils, Tomatoes, Pasta (Durum Wheat Semolina - Contains Gluten)</p> <p></p>
Dessert	<p>Fruit</p> <p>Ingredients:, Fresh Fruit</p>	<p>Fruit</p> <p>Ingredients:, Fresh Fruit</p>	<p>Fruit</p> <p>Ingredients:, Fresh Fruit</p>	<p>Fruit</p> <p>Ingredients:, Fresh Fruit</p>	<p>Fruit</p> <p>Ingredients:, Fresh Fruit</p>

Allergens Key



Dairy



Eggs



Soy Beans



Mustard



Lupin



Crustaceans



Peanuts



Gluten



Fish



Nuts



Sesame Seeds



Mollusc



Celery



Sulphur Dioxide