

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Chick pea and lentil with couscous</p> <p>Chick Peas, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, Lentils</p> <p><b>G</b></p>	<p>Beef with tomato and rice</p> <p>Basmati Rice, Beef Mince, Tomatoes</p>	<p>Chicken with carrots and potatoes</p> <p>Carrots, Chicken Breast, Potatoes</p>	<p>Chicken with sweetcorn and rice</p> <p>Basmati Rice, Chicken Breast, Sweetcorn</p>	<p>Butter beans with peppers and egg free noodles</p> <p>Butter Beans, <b>Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten)</b>, Peppers</p> <p><b>G</b></p>
<b>Dessert</b>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, Fresh Fruit</p>	<p>Fresh fruit</p> <p><b>Ingredients:</b>, 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