

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Chicken and carrot with potatoes</p> <p><b>Ingredients:</b>, Chicken Breast, Carrots, Potatoes</p>	<p>Lentil and mixed veggies with pasta</p> <p><b>Ingredients:</b>, Lentils, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b></p> <p><b>G</b></p>	<p>Chicken and peas with potatoes</p> <p><b>Ingredients:</b>, Chicken Breast, Garden Peas, Potatoes</p>	<p>Chickpea and cabbage with couscous</p> <p><b>Ingredients:</b>, Chick Peas, Cauliflower, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b></p> <p><b>G</b></p>	<p>Bean and tomatoes with potatoes</p> <p><b>Ingredients:</b>, Beans, Tomatoes, Potatoes</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