


















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

**Allergens Key**

-  Dairy
  Eggs
  Soy Beans
  Mustard
  Lupin
  Crustaceans
  Peanuts
-  Gluten
  Fish
  Nuts
  Sesame Seeds
  Mollusc
  Celery
  Sulphur Dioxide