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| WEEK 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Lunch | Chilli corn Carne | Little Italy | Irish Beef Stew | Fish pie | Veg. Curry |
| Ingredients | Beef, Peppers, Beans, Corn, Tomatoes, Tomato Sauce, Rice | Carrots, Celery, Tomatoes, Tomato sauce, Garlic bread, Pasta | Beef, Carrots, Parsnips, Celery  Potatoes | Tuna, Carrots, Leek, Frozen Corn, Frozen Peas, Coconut Milk, Potatoes | Courgette, Peppers, Frozen Beans, Frozen Spinach, Tomatoes, Chickpeas, Rice, Coconut milk, |
| Allergies |  | A close-up of a logo  Description automatically generated with low confidence Celery allergy red Icon | Allergy Iconset | Erudus Lupin - Free food icons Eggs allergy amber Icon | Allergy Iconset | Erudus | Celery allergy red Icon | Allergy Iconset | Erudus | Fish, allergen, food allergy Free Icon of Food Alergy Red |  |
| Soup | Minestrone Soup | Creamy Mushroom Soup | Tomato Soup | Corn Chowder and Bacon | Cauliflower Chowder |
| Ingredients | Celery, Carrots, Frozen Beans  Tomatoes, Tomato Sauce Kidney Beans, Cannellini Beans, Spinach, Pasta | Carrots, Mushrooms, Celery  Rice, Chicken, Coconut Milk | Carrots, Celery, Tomatoes, Tomato Sauce | Bacon, Corn, Potatoes, Coconut milk | Bacon, Carrots, Frozen Cauliflower, Bay Leave, Celery  Parsley, Coconut milk |
| Allergies | A close-up of a logo  Description automatically generated with low confidence Celery allergy red Icon | Allergy Iconset | Erudus Lupin - Free food icons Eggs allergy amber Icon | Allergy Iconset | Erudus | Celery allergy red Icon | Allergy Iconset | Erudus | Celery allergy red Icon | Allergy Iconset | Erudus |  | Celery allergy red Icon | Allergy Iconset | Erudus |
| WEEK 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Lunch | Bacon and Veg Pasta | Scalloped Potatoes | Pasta Bolognese | Cottage pie | Letcho |
| Inredients | Bacon, Spinach, Courgette, Asparagus, Peppers, Mushrooms, Tomatoes, Tomato Sauce, Pasta | Carrots, Celery, Frozen Peas, Sausages, Coconut Milk | Beef, Carrots, Celery, Tomatoes, Tomato Sauce, Pasta | Chicken, Carrots, Celery, Courgette, Mushrooms, Frozen Peas, Potatoes, Worcestershire Suce | Chickpeas, Peppers, Tomatoes, Tomato Sauce, Rice |
| Allergies | A close-up of a logo  Description automatically generated with low confidence Lupin - Free food icons Eggs allergy amber Icon | Allergy Iconset | Erudus | A close-up of a logo  Description automatically generated with low confidence Celery allergy red Icon | Allergy Iconset | Erudus | A close-up of a logo  Description automatically generated with low confidence Celery allergy red Icon | Allergy Iconset | Erudus Lupin - Free food icons Eggs allergy amber Icon | Allergy Iconset | Erudus | Celery allergy red Icon | Allergy Iconset | Erudus Fish, allergen, food allergy Free Icon of Food Alergy Red |  |
| Soup | Butternut Squash Soup | Spinach Lentil and Butter Bean Soup | German Potatoes Soup | Chicken Lemon Rice Soup | Veg Barley Soup |
| Ingredients | Butternut Suash, Coconut Milk, Quinoa | Red Lentils, Spinach, Butter Beans | Celery, Carrots, Potatoes, Coconut Milk, Sausages | Chicken, Carrots  Celery, Rice | Carrot, Celery, Mushrooms  Chickpeas, Tomatoes, Frozen Green Beans, Barley, Frozen Corn, Frozen Peas |
| Allergies |  |  | A close-up of a logo  Description automatically generated with low confidence Celery allergy red Icon | Allergy Iconset | Erudus | Celery allergy red Icon | Allergy Iconset | Erudus | A close-up of a logo  Description automatically generated with low confidence Celery allergy red Icon | Allergy Iconset | Erudus |
| WEEK 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Lunch | Warm Mediterranean cous cous | Mexican risotto with cheese | Chicken Mushroom pie | Turkey Stew | Vegetable and chickpeas Tagine |
| Ingredients | Couscous, Aubergines, Peppers, Tomatoes, Tomato Sauce, Courgette, Cous Cous | Celery, Peppers, Tomatoes, Tomato Sauce, Kidney Beans, Frozen Broccoli, Frozen Corn, Rice | Chicken, Mushrooms, Leek, Carrots, Celery, Frozen Peas  Potatoes, Coconut Milk | Turkey, Leek, Peppers, Carrots, Celery, Frozen Peas, Tomatoes, Potatoes | Chickpeas, Peppers, Courgette, Aubergine, Tomatoes, Raisins  Lemon, Sweet Potato, Pasta |
| Allergies | A close-up of a logo  Description automatically generated with low confidence | Celery allergy red Icon | Allergy Iconset | Erudus | Celery allergy red Icon | Allergy Iconset | Erudus | Celery allergy red Icon | Allergy Iconset | Erudus | A close-up of a logo  Description automatically generated with low confidence Sulphurdioxide, Allergy food, allergen Free Icon of Food Alergy Amber Lupin - Free food icons Eggs allergy amber Icon | Allergy Iconset | Erudus |
| Soup | Vegetable Soup | Tomato Lentil Soup | Potato Soup | Moroccan Lentil Soup | Broccoli Soup |
| Ingredients | Celery, Potatoes, Carrots, Frozen Corn, Frozen Peas, Green Beans, Tomatoes | Green Pepper, Tomatoes, Lentils, Coconut Milk | Carrots, Celery, Potatoes, Kale, Lemon Juice | Potatoes, Carrots, Celery, Green/red Lentils, Spinach, Tomato Paste, Lemon Juice | Broccoli, Porridge |
| Allergies | Celery allergy red Icon | Allergy Iconset | Erudus |  | Celery allergy red Icon | Allergy Iconset | Erudus | Celery allergy red Icon | Allergy Iconset | Erudus | A close-up of a logo  Description automatically generated with low confidence |

Allergens: Eggs allergy amber Icon | Allergy Iconset | Erudus - eggs Celery allergy red Icon | Allergy Iconset | Erudus - celery A close-up of a logo

Description automatically generated with low confidence - wheat Lupin - Free food icons fish - Fish, allergen, food allergy Free Icon of Food Alergy Red