

## GB FB159 - Free from Soya & Egg -**Vegetarian Adult Tea - Week 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket potatoes with sweetcorn and cheese  Ingredients:, Jacket Potatoes, Sweetcorn, Grated Cheddar Cheese (Contains Milk)  D	Chickpea and cauliflower couscous salad  Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Cauliflower, Sweetcorn, Chick Peas, Olive Oil, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil	Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Peppers, Carrots, Sweetcorn, Onion, Lentils, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper	Gluten free Cauliflower and Broccoli Tots with garlic bread and Tzatziki dip  Ingredients:, Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Natural Yoghurt (Contains Milk), Cucumber, Garlic, Ground Black Pepper, Dill, Parsley, Basil	Paprika chickpea and green beans with baby new potato salad  Ingredients:, Potatoes, Chick Peas, Green Beans, Olive Oil, Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin

## **Allergens Key**



**G** Gluten



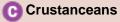








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## GB FB159 - Free from Soya & Egg -**Vegetarian Adult Tea - Week 1**

Dessert

Vegan, soya free cake

Fresh fruit

Fresh fruit

Vanilla Rice Pudding

Vegan, soya free cake

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin,

Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda,

Cinnamon

G

Ingredients:, Fresh Fruit

Ingredients:, Fresh Fruit

Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar

**(D)** 

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



**Allergens Key** 

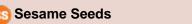


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