

## GB FB159 - Free from Soya & Egg -**Vegetarian Adult Tea - Week 2**

## **Monday** Tuesday Wednesday **Thursday Friday** Gluten free Cauliflower and Gluten free Cauliflower and Main Lentil pasta salad with Veggie nuggets with peas Paprika chickpea couscous broccoli Tots with diced mixed veggies and garlic bread salad Broccoli Tots with baked carrots and baby potatoes beans and potatoes Ingredients:, Pasta (Durum Ingredients:, Garlic Bread Ingredients:, Cous Cous (Durum Wheat Semolina -Wheat Semolina - Contains (Wheat Flour, Margarine, Ingredients:, Potatoes, Ingredients:, Potatoes, Gluten), Mixed Vegetables Garlic, Salt, Parsley, Yeast), Contains Gluten), Chick Baked Beans In Tomato Gluten Free Cauliflower And Vegetarian Nuggets (Carrot, Carrots, Green Beans, Broad Peas, Mixed Vegetables Broccoli Tots (Broccoli. Sauce. Gluten Free Beans, Garden Peas, Sweetcorn, Green Beans, Carrots, Green Beans, Broad Cauliflower, Potatoes, Cauliflower And Broccoli Tots Vegetable Oils, Corn Starch, Sweetcorn, Lentils, Gluten Cauliflower, Potato, Wheat Beans, Garden Peas, (Broccoli, Cauliflower, Free Low Salt Vegetable Flour, yeast, Salt, Olive Oil, Sweetcorn, Tumeric, Basil, Potato Flakes. Pea Flour. Potatoes, Vegetable Oils, Stock (Cornflour, Potato White Pepper, Sugar, Parsley, Ground Black Onion, Tomato, Garlic, Salt), Corn Starch, Potato Flakes, Starch, Onion, Carrot, Peas, Onion, Parsley, Paprika, Pepper, Garlic, Gluten Free Carrots, Olive Oil, Rosemary, Pea Flour, Onion, Tomato, Tomato Powder, Black Turmeric), Garden Peas Low Salt Vegetable Stock Garlic, Ground Black Pepper, Garlic, Salt), Olive Oil, Pepper, Parsley, Turmeric, (Cornflour, Potato Starch, Parsley, Rosemary Rosemary Salt), Garlic, Ground Black Onion, Carrot, Peas, Tomato 0 Pepper, Parsley, Cumin, Powder, Black Pepper, Coriander, Basil Parsley, Turmeric, Salt) G G

## **Allergens Key**













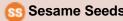




















**Created by The Yum Yum Food Company** London

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Dessert

Cherry yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Cherry, Pinch Of Sugar



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



Apple and lemon crumble

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Breadcrumbs (Contains: Gluten), Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon



Fruit compote

Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon Peach flapjacks

Ingredients:, Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, Porridge Oats (Contains Oat & Gluten), Pinch Of Sugar



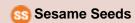
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