

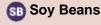
## Free From Gluten - Child Lunch -Vegetarian - Week 3

## **Monday Tuesday** Wednesday **Thursday Friday** Cannellini beans in a Main Fruity vegetable curry with Hungarian bean goulash Vegetarian sweet and sour Vegetarian bolognaise with chick peas served with mango sauce with carrots with parsnips Served with with red lentils, peppers garden peas served with basmati rice served with basmati rice and sweetcorn served with roasted potatoes gluten free pasta basmati rice Basmati Rice, Carrots, Chick Butter Beans, Carrots, Apricot Sulphur Dioxide, Black Pepper, Carrots, Peas, Coconut Milk (Coconut Chopped Tomatoes, Garlic, Basmati Rice, Carrots, Chopped Tomatoes, Garden Basmati Rice, Cannellini Extract, Guar Gum, Xanthan Gluten Free Low Salt Chopped Tomatoes, Curry Peas, Garlic, Gluten Free Low Beans, Carrots, Garlic, Gum), Garden Peas, Garlic, Vegetable Stock (Cornflour, Powder (Contains Mustard). Salt Vegetable Stock Ginger, Lemon Juice, Mango Potato Starch, Onion, Carrot, (Cornflour, Potato Starch, Gluten Free Low Salt Garam Masala, Garden Peas, Chutney, Mango, Sugar, Vegetable Stock (Cornflour, Peas, Tomato Powder, Black Garlic, Gluten Free Low Salt Onion, Carrot, Peas, Tomato Vinegar, Salt, Chilli Powder, Potato Starch, Onion, Carrot, Ginger Powder, Garlic Pepper, Parsley, Turmeric, Vegetable Stock (Cornflour, Powder, Black Pepper, Peas, Tomato Powder, Black Salt), Mixed Peppers, Onion, Potato Starch, Onion, Carrot, Parsley, Turmeric, Salt), Powder, Turmeric Powder, Pepper, Parsley, Turmeric, Mixed Peppers, Salt, Paprika, Parsnips, Potatoes, Peas, Tomato Powder, Black Gluten Free Pasta (Cornflour, Salt), Ground Black Pepper, Salt, Smoked Paprika, Pinch Pepper, Parsley, Turmeric, Rice Flour), Green Lentils, Sunflower Oil, Sweetcorn, Korma Curry Paste, Tomato Of Sugar, Sunflower Oil, Salt), Mango Chutney, Onion, Oregano, Sunflower Vinegar Purée, Coconut, Rapeseed Thyme, Tomato Puree Mango, Sugar, Vinegar, Salt, Oil Oil, Cumin, Coriander, Garlic, Chilli Powder, Ginger Powder, Ginger, Turmeric, Xanthan Garlic Powder, Turmeric Powder, Onion, Red Lentils, Gum, Cardamom, Mango Chutney, Mango, Sugar, Sunflower Oil, Vinegar Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic ጪ Powder, Turmeric Powder, Onion, Salt, Sunflower Oil, Sweetcorn, Tomato Puree

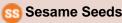
## **Allergens Key**







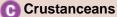






Mollusc







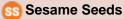














## Free From Gluten - Child Lunch - Vegetarian - Week 3

Dessert

Gluten & soya free Vegan cake

Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon Fruit yoghurt

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

**(D)** 

Fresh oranges

Ingredients:, Oranges

Fruit compote

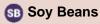
**Ingredients:**, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

Gluten & soya free Vegan cake

Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon















**Dioxide** 

**G** Gluten





