

Free From Gluten - Child Tea -**Vegetarian - Week 3**

Monday Tuesday Wednesday **Thursday Friday** Gluten free vegetable Roasted vegetable pasta Favourite vegetable curry Main Roast butter beans with a Lentil cottage pie with round and garden peas bake sweet carrot sauce Garden potatoes with carrots Served with basmati rice with sautéed potatoes peas served with gluten Chopped Tomatoes, free pasta Baked Beans In Tomato Garden Peas, Gluten Free Courgettes, Diced Carrots, Sauce, Carrots, Chopped Apple, Basmati Rice, Garlic Puree, Gluten Free Tomatoes, Gluten Free Flour, Cannellini Beans, Carrots, Vegetable Round (Potatoes, Basil, Butter Beans, Carrots, Low Salt Vegetable Stock Gluten Free Low Salt Sunflower Oil, Salt), Sauteed Coconut Milk (Coconut Chopped Tomatoes, (Cornflour, Potato Starch, Vegetable Stock (Cornflour, Potatoes Extract, Guar Gum, Xanthan Courgettes, Garden Peas, Onion, Carrot, Peas, Tomato Potato Starch, Onion, Carrot, Gum), Garden Peas, Garlic, Gluten Free Low Salt Powder, Black Pepper, Peas, Tomato Powder, Black Gluten Free Low Salt Vegetable Stock (Cornflour, Parsley, Turmeric, Salt), Pepper, Parsley, Turmeric, Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Gluten Free Pasta (Cornflour. Salt), Green Lentils, Ground Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Rice Flour), Green Peppers, Black Pepper, Mixed Beans, Pepper, Parsley, Turmeric, Peas, Tomato Powder, Black Onion, Red Lentils, Red Mixed Herbs - Dried, Mixed Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta Peppers, Sweetcorn, Yellow Peppers, Onion, Salt, Salt), Ground Black Pepper, (Cornflour, Rice Flour), Sauteed Potatoes, Smoked Peppers Ground Black Pepper, Onion, Korma Curry Paste, Tomato Paprika, Sunflower Oil, Salt, Spinach, Sunflower Oil Purée, Coconut, Rapeseed Thyme, Tomato Paste Oil, Cumin, Coriander, Garlic, (D) Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Sunflower Oil, Sweetcorn, Tomato Puree

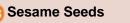
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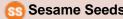
















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Dessert

Fruit yoghurt

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



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

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 compote

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

Ingredients:, Fresh Fruit

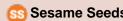
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