

GB FB159 - Free From Dairy & Soya & Egg - Child Lunch - Vegetarian - Week

Tuesday Wednesday **Thursday Friday** Monday Veggie Chow Mein with Balti beans with rice Veggie Pot Pie Main Roasted Chickpea, fresh Lentil pasta bake with raw vegetables, herby lentils, peas and noodles sweetcorn coconut dip with a tortilla Ingredients:, Basmati Rice, Ingredients:, Potatoes, Tomatoes, Onion, Spinach, Grated Carrots, Sweetcorn, Ingredients:, Egg Free wrap. Ingredients:, Egg Free Beans, Olive Oil, Ginger, Onion, Celery, Beans, Lentils, Noodles (Wheat Flour (With Fusilli (Durum Wheat Tomato Paste, Olive Oil, Calcium Carbonate, Iron, Garam Masala, Korma Curry Semolina - Contains Ingredients:, Wrap Paste, Tomato Purée, Gluten Free Low Salt Niacin, Thiamin), Salt, Gluten), Chopped Tomatoes, (Contains Wheat, Gluten), Coconut, Rapeseed Oil, Vegetable Stock (Cornflour, Paprika - Contains Gluten), Tomato Paste, Carrots, Chick Peas, Cucumber, Cumin, Coriander, Garlic, Potato Starch, Onion, Carrot, Carrots, Garden Peas, Lentils, Sweetcorn, Onion, Carrots, Coconut Milk Sweetcorn, Tomatoes, Onion, Ginger, Turmeric, Xanthan Peas, Tomato Powder, Black Olive Oil, Balsamic Vinegar (Coconut Extract, Guar Gum, Gum, Cardamom, Curry Olive Oil, Plum Sauce, Lentils, Pepper, Parsley, Turmeric, (Red Wine Vinegar, Grape Xanthan Gum), Garlic, Powder (Contains Mustard), Salt), Garlic, Cumin, Black Must, Caramel, Sulphite), Black Pepper, Garlic Parsley, Black Pepper, Dill Turmeric Pepper Gluten Free Low Salt Vegetable Stock (Cornflour, 0 0 (C) Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning G ®

Allergens Key





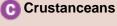








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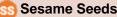












The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

Ingredients:, Fresh Fruit

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Dessert

Fresh fruit 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

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Fresh banana

Ingredients:, Banana

Chocolate and cinnamon flapjacks

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

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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



Allergens Key

(D) Dairy

G Gluten

Eggs

S Soy Beans

Mustard

Sesame Seeds



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Nuts