yumyum food company London

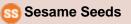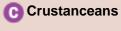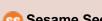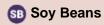|	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken nuggets with sweetcorn and jacket potatoes **Ingredients:**, Jacket Potatoes, **Chicken Nuggets (Chicken, Wheat Flour, Olive Oil, Potato Starch, Yeast)**, Sweetcorn (G)	Oriental chicken with wrap and fresh raw veggies **Ingredients:**, **Wrap (Contains Wheat, Gluten)**, Chicken Breast, Lettuce, Cucumber, Sweetcorn, Paprika, Garlic, Parsley, Basil, Turmeric (G)	Lentil veggie pasta with red pesto **Ingredients:**, **Pasta (Durum Wheat Semolina - Contains Gluten)**, Tomatoes, Lentils, Carrots, Sweetcorn, Onion, Spinach, **Celery**, **Single Cream (Contains Milk)**, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley (G) (D) (C)	Spinach and cheese fingers with carrots and potatoes **Ingredients:**, Potatoes, **Spinach And Cheese Fingers (Wheat Flour, Vegetable Oil, Spinach, White Cheese (Milk), Onion, Corn Starch, Salt, Sugar, Red Pepper)**, Carrots, Olive Oil, Garlic, Parsley (G) (D)	Rosemary chicken with mixed veggies and garlic bread **Ingredients:**, **Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast)**, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika (G)
Dessert	Fruit yoghurt **Ingredients:**, **Natural Yoghurt (Contains Milk)**, Fruit Pureed (D)	Apple and apricot flapjacks **Ingredients:**, **Porridge Oats (Contains Oat & Gluten)**, Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar (G)	Apple crumble **Ingredients:**, **Wheat Flour (With Calcium, Iron, Niacin, Thiamin)**, **Breadcrumbs (Contains: Gluten)**, Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon (G)	Cherry Chocolate Cake **Ingredients:**, **Wheat Flour (With Calcium, Iron, Niacin, Thiamin)**, **Soya Flour**, Cherry, **Butter (Contains: Milk)**, Vegetable Oil, Egg, Cocoa Powder, Pinch Of Sugar (G) (E) (SB) (D)	Fresh fruit **Ingredients:**, Fresh Fruit

Allergens Key

(D) Dairy	(E) Eggs	(SB) Soy Beans	(M) Mustard	(L) Lupin	(C) Crustanceans	(P) Peanuts
(G) Gluten	(F) Fish	(N) Nuts	(SS) Sesame Seeds	(M) Mollusc	(C) Celery	(SD) Sulphur Dioxide

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