

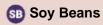
GB FB159 - Free From Gluten & Dairy & Soya & Egg - Adult_Lunch -

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Lentil and chickpea dhal with basmati rice Ingredients:, Basmati Rice, Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Coriander, Cumin, Curry Powder (Contains Mustard), Ginger, Ground Black Pepper, Paprika	Vegetarian chilli con carne with kidney beans served with basmati rice Basmati Rice, Baked Beans In Tomato Sauce, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Smoked Paprika, Sunflower Oil, Sweetcorn	Beans in Creamy sauce with Italian potatoes Ingredients:, Potatoes, Macedoine (Carrot, Swede, Turnip, Peas), Chopped Tomatoes, Carrots, Beans, Gluten Free Flour, Sunflower Oil, Onion, Parsley, Basil, Garlic	Veggie pasta bake with chickpea and carrot sauce Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Carrots, Onion, Chick Peas, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Parsley, Turmeric, Paprika, Ground Black Pepper	Yum Yum Veggie pie Ingredients:, Potatoes, Garden Peas, Sweetcorn, Carrots, Lentils, Onion, Sunflower Oil, Gluten Free Flour, Lemon Juice, Dill, Garlic, Ground Black Pepper
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	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	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

Allergens Key













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