

GB FB159 - Free From Dairy & Soya & Egg - Adult Tea - Vegetarian - Week 3

Monday Tuesday Wednesday **Thursday Friday** Gluten free Cauliflower and Gluten free Cauliflower and Main Veggie nuggets with Oriental chickpea with wrap Lentil veggie pasta with red sweetcorn and jacket and fresh raw veggies pesto DF Broccoli Tots with carrots Broccoli Tots with garlic potatoes and potatoes bread and mixed veggies Ingredients:, Wrap Ingredients:, Pasta (Durum (Contains Wheat, Gluten), Wheat Semolina - Contains Ingredients:, Jacket Ingredients:, Potatoes, Ingredients:, Garlic Bread Chick Peas, Lettuce, Gluten), Tomatoes, Lentils, Potatoes, Vegetarian Gluten Free Cauliflower And Wheat Flour, Margarine, Cucumber, Sweetcorn, Carrots, Onion, Spinach, Nuggets (Carrot, Broccoli Tots (Broccoli. Garlic, Salt, Parsley, Yeast, Paprika, Garlic, Parsley, Basil, Celery, Gluten Free Low Salt Sweetcorn, Green Beans, Cauliflower, Potatoes, Mixed Vegetables Carrots, Cauliflower, Potato, Wheat Turmeric Vegetable Stock (Cornflour, Vegetable Oils, Corn Starch, Green Beans, Broad Beans, Potato Starch, Onion, Carrot, Flour, yeast, Salt, Sunflower Potato Flakes. Pea Flour. Garden Peas, Sweetcorn. Oil, White Pepper, Sugar, Peas, Tomato Powder, Black Onion, Tomato, Garlic, Salt), Gluten Free Cauliflower And 0 Pepper, Parsley, Turmeric, Onion, Parsley, Paprika, Carrots Broccoli Tots (Broccoli, Salt), Garlic, Parsley Turmeric), Sweetcorn Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, **G** (C) 0 Onion, Tomato, Garlic, Salt), Garlic, Paprika, Ground Black Pepper, Rosemary 0

Allergens Key



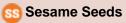
G Gluten



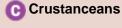
🕞 Fish





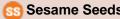




















The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

Egg - Adult Tea - Vegetarian - Week 3

Dessert

Fresh fruit

Apple and apricot flapjacks

Apple crumble

Vegan, soya free cake

Fresh fruit

Ingredients:, Fresh Fruit

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

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(Contains Gluten), **Breadcrumbs (Contains:** Gluten), Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon

Ingredients:, Wheat Flour

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

Ingredients:, Fresh Fruit

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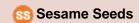
Allergens Key













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