

Free From Dairy - Adult Lunch - Standard - Week 3

Monday Tuesday Wednesday **Thursday Friday** Main Fruity vegetable curry with Mango chicken with carrots Hungarian beef and beans Chicken sweet and sour Beef bolognaise with chick peas served with and sweetcorn served with goulash with parnips and with peppers Served with garden peas served with basmati rice couscous roasted potatoes basmati rice penne pasta Basmati Rice, Carrots, Chick Carrots, Chicken Breast, Beef Diced, Butter Beans, Apricot Sulphur Dioxide, Beef Mince, Black Pepper, Peas, Coconut Milk (Coconut Cous Cous (Durum Wheat Carrots, Chopped Tomatoes, Basmati Rice, Carrots, Carrots, Chopped Tomatoes, Extract, Guar Gum, Xanthan Semolina - Contains Garlic, Gluten Free Low Salt Chicken Breast, Chopped Egg Free Penne (Durum Tomatoes, Curry Powder Gum), Garden Peas, Garlic, Gluten), Garlic, Ginger, Vegetable Stock (Cornflour, Wheat Semolina - Contains Potato Starch, Onion, Carrot, Gluten Free Low Salt Lemon Juice, Mango Gluten), Garden Peas, Garlic, (Contains Mustard), Garam Vegetable Stock (Cornflour, Chutney, Mango, Sugar, Peas, Tomato Powder, Black Masala, Garden Peas, Garlic, Gluten Free Low Salt Potato Starch, Onion, Carrot, Vinegar, Salt, Chilli Powder, Pepper, Parsley, Turmeric, Gluten Free Low Salt Vegetable Stock (Cornflour, Peas, Tomato Powder, Black Ginger Powder, Garlic Salt), Mixed Peppers, Onion, Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Powder, Turmeric Powder, Pepper, Parsley, Turmeric, Paprika, Parsnips, Potatoes, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Salt), Ground Black Pepper, Mixed Peppers, Salt, Salt, Smoked Paprika, Pinch Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Korma Curry Paste, Tomato Sunflower Oil, Sweetcorn, Of Sugar, Sunflower Oil, Pepper, Parsley, Turmeric, Salt), Green Lentils, Leeks, Purée, Coconut, Rapeseed Thyme, Tomato Puree Salt), Mango Chutney, Mixed Peppers, Onion, Vinegar Oil, Cumin, Coriander, Garlic, Mango, Sugar, Vinegar, Salt, Oregano, Sunflower Oil, Ginger, Turmeric, Xanthan Chilli Powder, Ginger Powder, Tomato Puree 0 Garlic Powder, Turmeric Gum, Cardamom, Mango Chutney, Mango, Sugar, Powder, Onion, Sunflower Oil, G Vinegar, Salt, Chilli Powder, Vinegar Ginger Powder, Garlic Powder, Turmeric Powder, ጪ Onion, Salt, Sunflower Oil, Sweetcorn, Tomato Puree

Allergens Key







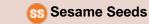


























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Dessert

Oat and raisin slice

Flakes (Contains Oat &

Gluten), Raisins

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Pinch Of Brown Sugar, Dairy
Free Margarine, Honey, **Oat**

Fruit compote

Ingredients:, Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar

Fresh oranges

Ingredients:, Oranges

Cranberry flapjacks with rice crispies

Apple, Pinch Of Brown Sugar, Cranberry, Dairy Free Margarine, Golden Syrup, Porridge Oats (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt - Contains Barley)

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Vegan, soya free cake

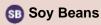
Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



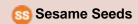
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