

Free From Dairy - Adult Tea -Standard - Week 3

Monday Tuesday Wednesday **Thursday Friday** Roasted vegetable pasta Beef cottage pie with Chicken curry with carrots Main Cod fish fingers with Roast chicken chunks with garden peas served with bake a sweet carrot sauce potatoes Served with basmati rice sautéed potatoes garden peas served with Chopped Tomatoes, egg free noodles Baked Beans In Tomato Apple, Basmati Rice, Carrots, Chicken Breast, Coconut Milk Courgettes, Diced Carrots, Sauce, Beef Mince, Carrots, **Cod Fillet Fish Fingers** Chopped Tomatoes, Gluten (Coconut Extract, Guar Gum. Egg Free Fusilli (Durum (Whitefish, Wheat Flour, Basil, Carrots, Chicken Wheat Semolina - Contains Free Flour, Gluten Free Low Xanthan Gum), Garden Peas, Vegetable Oil, Yeast, Salt, Breast, Chopped Tomatoes, Salt Vegetable Stock Garlic, Gluten Free Low Salt Gluten), Garlic Puree, Gluten Paprika, Curcumin, Egg Free Noodles (Wheat Turmeric), Garden Peas, Free Low Salt Vegetable (Cornflour, Potato Starch, Vegetable Stock (Cornflour, Flour (With Calcium Stock (Cornflour, Potato Onion, Carrot, Peas, Tomato Potato Starch, Onion, Carrot, Sauteed Potatoes Carbonate, Iron, Niacin, Starch, Onion, Carrot, Peas, Powder, Black Pepper, Peas, Tomato Powder, Black Thiamin), Salt, Paprika -Tomato Powder, Black Parsley, Turmeric, Salt), Pepper, Parsley, Turmeric, Contains Gluten), Garden G 🖯 Pepper, Parsley, Turmeric, Green Lentils, Ground Black Salt), Ground Black Pepper, Peas, Gluten Free Low Salt Pepper, Mixed Beans, Mixed Korma Curry Paste, Tomato Salt), Green Peppers, Onion, Vegetable Stock (Cornflour, Red Lentils, Red Peppers, Herbs - Dried, Mixed Peppers, Purée, Coconut, Rapeseed Potato Starch, Onion, Carrot, Sweetcorn, Yellow Peppers Oil, Cumin, Coriander, Garlic, Onion, Salt, Sauteed Peas, Tomato Powder, Black Potatoes, Smoked Paprika, Ginger, Turmeric, Xanthan Pepper, Parsley, Turmeric, Sunflower Oil, Thyme, Gum, Cardamom, Mango Salt), Ground Black Pepper, **Tomato Paste** Chutney, Mango, Sugar, Onion, Salt, Spinach, Vinegar, Salt, Chilli Powder, Sunflower Oil Ginger Powder, Garlic Powder, Turmeric Powder, 0 Onion, Sunflower Oil, Sweetcorn, Tomato Puree

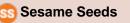
Allergens Key





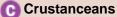














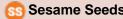
















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Dessert

Fruit compote

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

Pear and pineapple energy bites

Cocoa Powder, Maple Syrup, Oat Flakes (Contains Oat & Gluten), Orange Extract, Pear, Pineapple, Rice Krispies (Rice, Sugar, Barley Extract, Salt -**Contains Barley**)

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

Mixed fruit crumble

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Ingredients:, Wheat Flour (Contains Gluten), **Breadcrumbs (Contains:** Gluten), Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

Fresh fruit

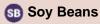
Ingredients:, Fresh Fruit

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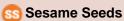
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