

GB FB159 - Free From Dairy - Adult Lunch - Vegetarian - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Lentil and chickpea dhal with herby couscous Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Olive 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, Olive Oil, Sweetcorn	Beans in Creamy sauce with Italian potatoes Ingredients:, Potatoes, Macedoine (Carrot, Swede, Turnip, Peas, Beans), Chopped Tomatoes, Carrots, Beans, Gluten Free Flour, Olive Oil, Onion, Parsley, Basil, Garlic	Veggie pasta bake with chickpea and carrot sauce Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Carrots, Onion, Chick Peas, Olive 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, Olive Oil, Gluten Free Flour, Lemon Juice, Dill, Garlic, Ground Black Pepper
Dessert	Lemon and apple flapjacks with raisins Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Lemon, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar	Vegan, soya free cake Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), 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	Vegan, soya free cake Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

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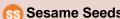


















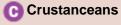








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