

## Free From Gluten - Adult Tea - Standard - Week 3

## **Monday Tuesday** Wednesday **Thursday Friday** Beef cottage pie with Chicken curry with carrots Main Gluten free fish fingers with Roasted vegetable pasta Roast chicken chunks with garden peas and sauteed bake a sweet carrot sauce and potatoes Served with basmati rice potatoes garden peas served with Chopped Tomatoes, gluten free pasta Baked Beans In Tomato Apple, Basmati Rice, Carrots, Chicken Breast, Coconut Milk Courgettes, Diced Carrots, Sauce, Beef Mince, Carrots, Garden Peas, Gluten Free Garlic Puree, Gluten Free Chopped Tomatoes, Gluten (Coconut Extract, Guar Gum. **Fish Fingers (Contains** Basil, Carrots, Chicken Low Salt Vegetable Stock Free Flour, Gluten Free Low Xanthan Gum), Garden Peas, Fish), Sauteed Potatoes Breast, Chopped Tomatoes, (Cornflour, Potato Starch, Salt Vegetable Stock Garlic, Gluten Free Low Salt Courgettes, Garden Peas, Onion, Carrot, Peas, Tomato (Cornflour, Potato Starch, Vegetable Stock (Cornflour, **(3**) Gluten Free Low Salt Powder, Black Pepper, Onion, Carrot, Peas, Tomato Potato Starch, Onion, Carrot, Vegetable Stock (Cornflour, Parsley, Turmeric, Salt), Powder, Black Pepper, Peas, Tomato Powder, Black Potato Starch, Onion, Carrot, Gluten Free Pasta (Cornflour. Parsley, Turmeric, Salt), Pepper, Parsley, Turmeric, Peas, Tomato Powder, Black Rice Flour), Green Peppers, Green Lentils, Ground Black Salt), Ground Black Pepper, Pepper, Parsley, Turmeric, Onion, Red Lentils, Red Pepper, Mixed Beans, Mixed Korma Curry Paste, Tomato Salt), Gluten Free Pasta Peppers, Sweetcorn, Yellow Herbs - Dried, Mixed Peppers, Purée, Coconut, Rapeseed (Cornflour, Rice Flour), Onion, Salt, Sauteed Oil, Cumin, Coriander, Garlic, Peppers Ground Black Pepper, Onion, Potatoes, Smoked Paprika, Ginger, Turmeric, Xanthan Salt, Spinach, Sunflower Oil Sunflower Oil, Thyme, Gum, Cardamom, Mango (D) **Tomato Paste** Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Sunflower Oil, Sweetcorn, Tomato Puree

## Allergens Key





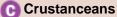














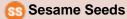
















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Dessert

Fruit yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar



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 Fruit compote

Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon Fresh fruit

Ingredients:, Fresh Fruit

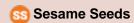
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