

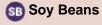
## **GB FB159 - Free From Gluten - Adult Lunch - Vegetarian - Week 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Lentil and chickpea dhal with basmati rice  Ingredients:, Basmati Rice, 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, Single Cream (Contains Milk), Gluten Free Flour, Olive Oil, Onion, Parsley, Basil, Garlic	Italian Chickpea Pastina  Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Onion, Carrots, Celery, Gluten Free Bread (Tapioca Starch, Rice Flour, Vegetable Oil, Potato Flakes, Sugar, Yeast, Maize Flour, Salt), Chick Peas, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley, Turmeric, Black Pepper	Yum Yum Veggie pie  Ingredients:, Potatoes, Garden Peas, Sweetcorn, Carrots, Lentils, Onion, Single Cream (Contains Milk), Olive Oil, Gluten Free Flour, Lemon Juice, Dill, Garlic, Ground Black Pepper  D
Dessert	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	Fresh oranges Ingredients:, Oranges	Black Cherry yoghurt  Ingredients:, Natural Yoghurt (Contains Milk), Black Cherry, 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

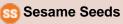
## **Allergens Key**









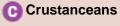






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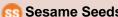














## **Allergens Key**





















