The Yum Yum Food Company London
Created by The Yum Yum Food Company London

Free From Gluten - Adult Lunch -
Vegetarian - Week 3
Main

## Allergens Key

(D) DairyEggs
(G) Gluten
F
Fish
SB
Soy Beans
(1) Nuts

Puree, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Salt, Sunflower Oil, Sweetcorn, Tomato Puree

## Tuesday

Cannellini beans in a mango sauce with carrots and sweetcorn served with basmati rice

Basmati Rice, Cannellini Beans, Carrots, Garlic, Ginger, Lemon Juice, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Mixed Peppers, Salt, Sunflower Oil, Sweetcorn, Vinegar

Wednesday

Hungarian bean goulash with parsnips Served with roasted potatoes

Butter Beans, Carrots, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Peppers, Onion, Paprika, Parsnips, Potatoes, Salt, Smoked Paprika, Pinch Of Sugar, Sunflower Oil, Thyme, Tomato Puree

Thursday

Vegetarian sweet and sour with red lentils, peppers served with basmati rice

Apricot Sulphur Dioxide, Basmati Rice, Carrots, Chopped Tomatoes, Curry Powder (Contains Mustard), Garam Masala, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Red Lentils, Sunflower Oil, Vinegar

## Friday

Vegetarian bolognaise with garden peas served with gluten free pasta

Black Pepper, Carrots, Chopped Tomatoes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Green Lentils, Onion, Oregano, Sunflower Oil

# The Yum Yum Food Company London Created by The Yum Yum Food Company London 

| Dessert | Gluten \& soya free Vegan <br> cake |
| :--- | :--- |
|  | Ingredients:, Gluten Free <br> Flour, Apple, Peach, Pear, <br> Dairy Free Margarine, Pinch <br> Of Brown Sugar, Giuten Free <br> Baking Powder, Bicarbonate <br> Of Soda, Cinnamon |

Ingredients:, Fresh Fruit
Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

Gluten \& soya free Vegan cake
Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

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

## Allergens Key

(D) Dairy
Eggs
(G) Gluten
(F) FishSB Soy Beans
(1) Nuts
(M)
MustardSesame Seeds
(
Lupin
(II) MolluscCrustanceansCelery

