

GB FB159 - Free From Dairy - Child Lunch - Standard - Week 1

Monday Tuesday Wednesday **Thursday Friday** Roasted Chicken strips, Beef Chow Mein with peas Balti chicken with rice Chicken Pot Pie Tuna pasta bake with Main fresh raw vegetables, herby and noodles sweetcorn coconut dip with a tortilla Ingredients:, Basmati Rice, Ingredients:, Potatoes, Tomatoes, Onion, Spinach, Grated Carrots, Sweetcorn, wrap. Ingredients:, Egg Free Ingredients:, Egg Free Chicken Breast, Olive Oil. Onion, Celery, Beans, Fusilli (Durum Wheat Noodles (Wheat Flour (With Ginger, Garam Masala, Chicken Breast, Lentils, Calcium Carbonate, Iron, Semolina - Contains Ingredients:, Wrap Korma Curry Paste, Tomato Tomato Paste, Olive Oil. Niacin, Thiamin), Salt, Gluten), Chopped Tomatoes, (Contains Wheat, Gluten), Purée, Coconut, Rapeseed Gluten Free Low Salt Tomato Paste, Carrots, Tuna Paprika - Contains Gluten), Chicken Breast, Cucumber, Oil, Cumin, Coriander, Garlic, Vegetable Stock (Cornflour, Carrots, Garden Peas, Chunks (Contains Fish), Carrots, Coconut Milk Sweetcorn, Tomatoes, Onion, Ginger, Turmeric, Xanthan Potato Starch, Onion, Carrot, Sweetcorn, Onion, Olive Oil, (Coconut Extract, Guar Gum, Gum, Cardamom, Curry Peas, Tomato Powder, Black Olive Oil, Plum Sauce, Beef Balsamic Vinegar (Red Xanthan Gum), Garlic, Powder (Contains Mustard), Pepper, Parsley, Turmeric, Mince, Soya Sauce Wine Vinegar, Grape Must, Parsley, Black Pepper, Dill Salt), Garlic, Cumin, Black (Soybeans, Salt, Spirit Turmeric Caramel, Sulphite), Gluten Pepper Vinegar - Contains Soya), Free Low Salt Vegetable 0 Black Pepper, Garlic Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, (C) Tomato Powder, Black G SB Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning G 🕝 வ

Allergens Key



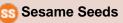
G Gluten



🕞 Fish











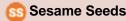
















GB FB159 - Free From Dairy - Child Lunch - Standard - Week 1

Dessert

Fresh fruit

Ingredients:, Fresh Fruit

Vegan, soya free cake

Ingredients:, Wheat Flour

Pear, Dairy Free Margarine,

Pinch Of Brown Sugar, Gluten

Thiamin), Apple, Peach,

Free Baking Powder,

Bicarbonate Of Soda,

Cinnamon

0

(With Calcium, Iron, Niacin,

Fresh banana

Ingredients:, Banana

Chocolate and cinnamon

flapjacks

Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar, Cocoa Powder, Cinnamon

0

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



Allergens Key





