

GB FB159 - Halal Standard Adult Lunch - Week 1

Monday Tuesday Wednesday **Thursday Friday** Creamy root vegetable Beef Chow Mein with peas Balti chicken with rice Chicken Pot Pie Tuna pasta bake with Main gratin with bulgar wheat and noodles sweetcorn Ingredients:, Basmati Rice, Ingredients:, Potatoes, Tomatoes, Onion, Spinach, Grated Carrots, Sweetcorn, Ingredients:, Bulgar Wheat, Ingredients:, Egg Free Ingredients:, Egg Free Chicken Breast, Sunflower Onion, Celery, Beans, Noodles (Wheat Flour (With Fusilli (Durum Wheat Potato, Onion, Carrots, Oil, Ginger, Garam Masala, Chicken Breast, Lentils, Swedes, Celery, Turnips, Calcium Carbonate, Iron, Semolina - Contains Korma Curry Paste, Tomato Tomato Paste, Sunflower Oil, Lentils, Sunflower Oil, Niacin, Thiamin), Salt, Gluten), Chopped Tomatoes, Purée, Coconut, Rapeseed Gluten Free Low Salt Tomato Paste, Carrots, Tuna Mushrooms, Coconut Milk Paprika - Contains Gluten), Oil, Cumin, Coriander, Garlic, Vegetable Stock (Cornflour, (Coconut Extract, Guar Gum, Carrots, Garden Peas, Chunks (Contains Fish), Xanthan Gum), Vinegar, Sweetcorn, Tomatoes, Onion, Ginger, Turmeric, Xanthan Potato Starch, Onion, Carrot, Sweetcorn, Onion, Grated Gum, Cardamom, Curry Peas, Tomato Powder, Black Gluten Free Low Salt Sunflower Oil, Plum Sauce, Cheddar Cheese (Contains Powder (Contains Mustard), Pepper, Parsley, Turmeric, Vegetable Stock (Cornflour, Beef Mince, Soya Sauce Milk), Sunflower Oil, Salt), Garlic, Cumin, Black Potato Starch, Onion, Carrot, (Soybeans, Salt, Spirit Turmeric Balsamic Vinegar (Red Pepper Peas, Tomato Powder, Black Vinegar - Contains Soya), Wine Vinegar, Grape Must, Pepper, Parsley, Turmeric, Black Pepper, Garlic Caramel, Sulphite), Gluten Salt), Gluten Free Flour, Bay (C) Free Low Salt Vegetable Leaves, Garlic, Parsley, Stock (Cornflour, Potato G SB Mixed Herbs - Dried, Turmeric Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, **G** (C) Salt), Garlic, Italian Seasoning G 🔁 (D) 🚯

Allergens Key





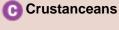








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London

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Dessert

Cherry yoghurt

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



Apple and Peach cake

Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Apple, Peach, Egg, Milk, Pinch Of Brown Sugar, Gluten Free Baking Powder







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



Forest fruit cake

Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Butter (Contains: Milk), Milk, Egg, Pinch Of Brown Sugar, Gluten Free Baking Powder









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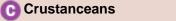






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Peanuts

G Gluten





