

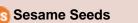
GB FB159 - Free From Dairy - Child Lunch - Vegetarian - Week 1

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

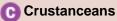






















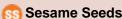
G Gluten



🕞 Fish











Created by The Yum Yum Food Company London

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Dessert

Fresh fruit

Vegan, soya free cake

Fresh banana

Chocolate and cinnamon flapjacks

Vegan, soya free cake Ingredients:, Wheat Flour

Thiamin), Apple, Peach,

(With Calcium, Iron, Niacin,

Ingredients:, Fresh Fruit

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

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Ingredients:, Banana

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

Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

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Allergens Key

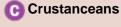














G Gluten





