Free From Dairy (VEGAN) - Child Tea - Vegetarian - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Veggie cakes with seasonal mixed vegetables and baby new jacket potatoes Baby Jacket Potatoes, Broad Beans, Sweetcorn, Vegetable Quarter Pounders (Contains: Gluten) G SD	Vegetarian goulash with smoked paprika served with basmati rice Butter Beans, Carrots, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Olive Oil, Onion, Red Peppers, Smoked Paprika, Thyme, Tomato Puree	Moroccan vegetable tagine with chick peas, apricots and courgettes served with herby couscous **Ingredients:**, **Cous Cous (Durum Wheat Semolina - Contains Gluten)**, Chopped Tomatoes, Chick Peas, Diced Carrots, Green Peppers, Red Peppers, Yellow Peppers, Courgettes, Onion, **Apricot Sulphur Dioxide**, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Cinnamon, Cumin, Garlic Puree, Mixed Herbs - Dried, Turmeric G SD	Slow cooked butter bean stew with mushrooms Served with crunchy diced 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), Mushrooms, Onion, Potatoes, Swedes, Turnips C	Vegetable pasta bake in a rich tomato sauce with sweetcorn **Pasta (Durum Wheat Semolina - Contains Gluten)**, Chopped Tomatoes, Carrots, Sweetcorn, Red Lentils, Onion, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), **Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite)**, Basil, Garlic G SD

Allergens Key

D Dairy	E Eggs	SB Soy Beans	M Mustard	L Lupin	C Crustanceans	P Peanuts
G Gluten	F Fish	N Nuts	SS Sesame Seeds	M Mollusc	C Celery	SD Sulphur Dioxide

Free From Dairy (VEGAN) - Child Tea - Vegetarian - Week 1

Dessert

Peach flapjacks

Apple, Pinch Of Brown Sugar, Butter (Contains: Milk), Golden Syrup, Peach, **Porridge Oats (Contains Oat & Gluten)**, Pinch Of Sugar

G

Vegan, soya free cake

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

G

Fruit compote

Ingredients:, Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar

Fruity granola bar

Apple, **Apricot Sulphur Dioxide**, Blackberries, Blackcurrants, Dairy Free Margarine, **Oat Flakes (Contains Oat & Gluten)**, Pinch Of Brown Sugar, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring, Wheat Flour (Contains Gluten)

G SD

Fresh fruit

Ingredients:, Seasonal Fresh Fruit Pieces

Allergens Key

D Dairy
E Eggs
SB Soy Beans
M Mustard
L Lupin
C Crustanceans
P Peanuts
G Gluten
F Fish
N Nuts
SS Sesame Seeds
M Mollusc
C Celery
SD Sulphur Dioxide