

GB FB159 - Halal Standard Adult Lunch - Week 2

Monday Tuesday Wednesday **Thursday Friday** Ratatouille with chickpeas Hungarian beef paprika Hoisin with lentils and rice Sweet and sour Asian Lentil Red pesto with pasta Main chicken with noodles and parsley rice sauce and mash Ingredients:, Basmati Rice, Ingredients:, Pasta (Durum Wheat Semolina - Contains Chopped Tomatoes, Plum Ingredients:, Basmati Rice, Ingredients:, Potatoes, Ingredients:, Egg Free Sauce, Onion, Courgettes, Gluten), Chopped Tomatoes, Ratatouille (Courgette, Stewpack (Onion, Carrots, **Noodles (Wheat Flour (With** Garden Peas, Lentils, Peppers, Sweetcorn, Onion, Tomatoes, Green Pepper, Turnip, Swede, Celery), Calcium Carbonate, Iron, Sunflower Oil, Soya Sauce Lentils, Sunflower Oil, Gluten Red Pepper, Onion, Carrots, Onion, Beef Mince, Niacin, Thiamin), Salt, Aubergine), Carrots, Chopped Single Cream (Contains (Soybeans, Salt, Spirit Paprika - Contains Gluten), Free Low Salt Vegetable Tomatoes, Chick Peas, Vinegar - Contains Soya) Cabbage, Carrots, Onion, Stock (Cornflour, Potato Milk), Butter (Contains: Tomato Puree, Onion, Milk), Tomato Puree, Mushrooms, Plum Sauce, Starch, Onion, Carrot, Peas, Tomato Powder, Black Sunflower Oil, Basil, Parsley, Sunflower Oil, Gluten Free Sunflower Oil, Gluten Free SB Pepper, Parsley, Turmeric, Thyme, Ground Black Pepper, Low Salt Vegetable Stock Flour, Soya Sauce Garlic (Cornflour, Potato Starch, (Soybeans, Salt, Spirit Salt), Garlic, Basil Onion, Carrot, Peas, Tomato Vinegar - Contains Soya), Powder, Black Pepper, Garlic 0 Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay G SB Leaves, Garlic, Ground Black Pepper (D)(C)

Allergens Key





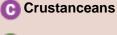




) Mustard





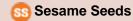




















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Dessert

Blackcurrant and apple cake

Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Apple, Blackcurrants, Butter (Contains: Milk), Egg, Pinch Of Sugar, Cinnamon







Vanilla Rice Pudding

Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar



Fresh melon slices

Ingredients:, Honeydew Melon

Peach Krispie Bite

Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup



Strawberry yoghurt

Natural Yoghurt (Contains

Milk), Strawberry Puree,

Pinch Of Sugar

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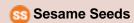
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