

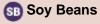
## **GB FB159 - Halal Standard Adult Tea** - Week 2

|         | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|---------|--|---|---|---|---|
| Main    | Rosemary chicken with carrot and cucumber and baby potatoes  Ingredients:, Potatoes, Chicken Breast, Cucumber, Carrots, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary | Lentil pasta salad with mixed veggies  Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Cumin, Coriander, Basil | Chicken nuggets with grated carrots and garlic bread  Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Chicken Nuggets (Contains: Gluten), Chicken, Wheat Flour, Sunflower Oil, Potato Starch, Yeast, Grated Carrots  G | Paprika chickpea couscous salad  Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Chick Peas, Cucumber, Lettuce, Sweetcorn, Carrots, Tumeric, Basil, Parsley, Ground Black Pepper, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt)  G | Fish fingers with baked beans and potatoes  Ingredients:, Potatoes, Baked Beans In Tomato Sauce, Cod Fillet Fish Fingers (Whitefish, Wheat Flour, Vegetable Oil, Yeast, Salt, Paprika, Curcumin, Turmeric)  G F |
| Dessert | Cherry yoghurt  Ingredients:, Natural Yoghurt (Contains Milk), Cherry, Pinch Of Sugar   D  | Pineapple and apple cake  Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Pineapple, Apple, Butter (Contains: Milk), Vegetable Oil, Egg, Pinch Of Sugar, Cinnamon  G   | Apple and lemon crumble  Ingredients:, Wheat Flour (Contains Gluten), Breadcrumbs (Contains: Gluten), Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon   | Fresh fruit Ingredients:, Fresh Fruit   | Peach flapjacks  Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, Porridge Oats (Contains Oat & Gluten), Pinch Of Sugar  |

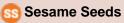
## **Allergens Key**







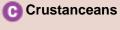






Mollusc







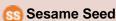










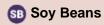








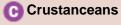








Lupin





**G** Gluten





