

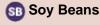
Free From Gluten - Child Lunch -Standard - Week 1

Monday Tuesday Wednesday **Thursday Friday** Tuna pasta bake with Chicken tikka masala Creamy beef stew with Main Italian lentil ragu served Roast chicken bites with a with basmati rice broccoli and pea pesto sweetcorn served with basmati rice mixed peppers and served with gluten free mushroom, served with Basmati Rice, Carrots, pasta Ingredients:, Gluten Free Ingredients:, Basmati Rice, roasted potatoes Chopped Tomatoes, Garlic, Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Carrots, Gluten Free Low Salt Chopped Tomatoes, Tomato Chicken Breast, Onion. Broccoli, Chicken Breast, Balsamic Vinegar (Red Vegetable Stock (Cornflour, Paste, Carrots, Tuna Chunks Single Cream (Contains Garden Peas, Garlic, Gluten Wine Vinegar, Grape Must, Potato Starch, Onion, Carrot, (Contains Fish), Sweetcorn, Milk), Sunflower Oil, Korma Caramel, Sulphite), Carrots, Free Pasta (Cornflour, Rice Peas, Tomato Powder, Black Onion, Grated Cheddar Curry Paste, Tomato Purée, Flour), Ground Black Pepper, Diced Beef, Garlic, Gluten Pepper, Parsley, Turmeric, Coconut, Rapeseed Oil, Cheese (Contains Milk), Onion, Parsley, Salt, Free Low Salt Vegetable Salt), Green Peppers, Ground Sunflower Oil, Balsamic Cumin, Coriander, Garlic, Sunflower Oil Stock (Cornflour, Potato Black Pepper, Olive Oil, Ginger, Turmeric, Xanthan Vinegar (Red Wine Vinegar, Starch, Onion, Carrot, Peas, Onion, Oregano, Red Lentils, Grape Must, Caramel, Gum, Cardamom, Mango Tomato Powder, Black Red Peppers, Thyme, Tomato Sulphite), Gluten Free Low Chutney, Mango, Sugar, Pepper, Parsley, Turmeric, Puree, Yellow Peppers Salt Vegetable Stock Vinegar, Salt, Chilli Powder, Salt), Mixed Peppers, Onion, Ginger Powder, Garlic (Cornflour, Potato Starch, Paprika, Potatoes, Single Onion, Carrot, Peas, Tomato Powder, Turmeric Powder, Cream (Contains Milk), Gluten Free Low Salt Powder, Black Pepper, Sunflower Oil, Tomato Puree Vegetable Stock (Cornflour, Parsley, Turmeric, Salt), Garlic, Italian Seasoning Potato Starch, Onion, Carrot, **(D**) Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, **6 9** Salt), Coriander, Garam Masala, Garlic, Ginger **(D)**

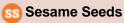
Allergens Key







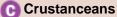






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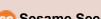












Dessert

Gluten & soya free Vegan cake

London

The Yum Yum Food Company London

Created by The Yum Yum Food Company

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

Fruit yoghurt

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



Gluten & soya free Vegan cake

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

Fresh fruit

Ingredients:, Seasonal Fresh Fruit Pieces

Standard - Week 1

Cinnamon and vanilla forest fruit compote

2/2

Ingredients:, Apple, Peach, Pear, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

Allergens Key













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