

Free From Gluten - Child Lunch -Vegetarian - Week 1

Monday Tuesday Wednesday **Thursday Friday** Italian lentil ragu served Green lentils with broccoli Tikka masala with beans Creamy vegetable stew Main Vegetarian pasta bake with with basmati rice and pea pesto and gluten sweetcorn and chickpeas Served with basmati rice with butter beans, mixed free pasta peppers and mushroom Basmati Rice, Carrots, Ingredients:, Gluten Free Ingredients:, Basmati Rice, served with roasted Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Garlic, Chopped Tomatoes, Carrots, Broccoli, Garlic, Gluten Free potatoes Gluten Free Low Salt Chopped Tomatoes, Tomato Beans, Onion, Single Cream Pasta (Cornflour, Rice Flour), Vegetable Stock (Cornflour, Paste, Carrots, Chick Peas, (Contains Milk), Sunflower Green Lentils, Ground Black Balsamic Vinegar (Red Potato Starch, Onion, Carrot, Sweetcorn, Onion, Sunflower Pepper, Onion, Parsley, Salt, Oil, Korma Curry Paste, Wine Vinegar, Grape Must, Peas, Tomato Powder, Black Sunflower Oil. Turmeric Oil, Balsamic Vinegar (Red Tomato Purée, Coconut, Caramel, Sulphite), Butter Pepper, Parsley, Turmeric, Wine Vinegar, Grape Must, Rapeseed Oil, Cumin, Beans, Carrots, Garlic, Gluten Salt), Green Peppers, Ground Caramel, Sulphite), Gluten Coriander, Garlic, Ginger, Free Low Salt Vegetable Black Pepper, Olive Oil, Free Low Salt Vegetable Turmeric, Xanthan Gum. Stock (Cornflour, Potato Onion, Oregano, Red Lentils, Stock (Cornflour, Potato Cardamom, Mango Chutney, Starch, Onion, Carrot, Peas, Red Peppers, Thyme, Tomato Starch, Onion, Carrot, Peas, Mango, Sugar, Vinegar, Salt, Tomato Powder, Black Puree, Yellow Peppers Tomato Powder, Black Chilli Powder, Ginger Powder, Pepper, Parsley, Turmeric, Pepper, Parsley, Turmeric, Garlic Powder, Turmeric Salt), Mixed Peppers, Onion, Powder, Gluten Free Low Salt Salt), Garlic, Italian Seasoning Paprika, Potatoes, Single Vegetable Stock (Cornflour, Cream (Contains Milk), Potato Starch, Onion, Carrot, (D) (SD Sunflower Oil. Tomato Puree Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, **(D)** Salt), Coriander, Garam Masala, Garlic, Ginger **(D)**

Allergens Key





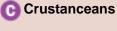








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The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

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Dessert

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

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

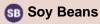
Cinnamon and vanilla forest fruit compote

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

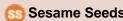
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