Free from Soya - Adult Lunch - Week

Main

Italian lentil ragu served

Monday

with basmati rice

Basmati Rice, Carrots, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Peppers, Ground Black Pepper, Olive Oil, Onion, Oregano, Red Lentils, Red Peppers, Thyme, Tomato Puree, Yellow Peppers

Tuesday

Roast chicken bites with a broccoli and pea pesto Served with egg free noodles

Broccoli, Chicken Breast, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Garden Peas, Garlic, Ground Black Pepper, Onion, Parsley, Salt, Sunflower Oil



Wednesday

Tuna pasta bake with sweetcorn

Ingredients:, Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten), Chopped Tomatoes, Tomato Paste, Carrots, **Tuna** Chunks (Contains Fish), Sweetcorn, Onion, Grated **Cheddar Cheese (Contains** Milk), Sunflower Oil, **Balsamic Vinegar (Red** Wine Vinegar, Grape Must, Caramel, Sulphite), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning

Thursday

Chicken tikka masala served with basmati rice

Ingredients:, Basmati Rice, Chopped Tomatoes, Carrots, Chicken Breast, Onion. Single Cream (Contains Milk), Sunflower Oil, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger

Friday

Creamy beef stew with mixed peppers and mushroom, served with roasted potatoes

Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Carrots, Diced Beef, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Peppers, Onion, Paprika, Potatoes, Single Cream (Contains Milk), Sunflower Oil. Tomato Puree





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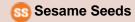


🕞 Fish











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

Dessert

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

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Fruit yoghurt

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



Apple and raisin flapjacks

Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Porridge Oats (Contains Oat & Gluten)



Fresh fruit

Ingredients:, Fresh Fruit

Cinnamon and vanilla forest fruit compote

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

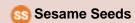
Allergens Key





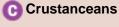








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