

GB FB159 - Free from Soya - Adult Lunch - Week 1

Monday Tuesday Wednesday **Thursday Friday** Creamy root vegetable Beef Chow Mein with peas Balti chicken with rice Chicken Pot Pie Tuna pasta bake with Main gratin with bulgar wheat and noodles SF sweetcorn Ingredients:, Basmati Rice, Ingredients:, Potatoes, Tomatoes, Onion, Spinach, Grated Carrots, Sweetcorn, Ingredients:, Bulgar Wheat, Ingredients:, Egg Free Ingredients:, Egg Free Chicken Breast, Sunflower Onion, Celery, Beans, Fusilli (Durum Wheat Potato, Onion, Carrots, Noodles (Wheat Flour (With Oil, Ginger, Garam Masala, Swedes, Celery, Turnips, Calcium Carbonate, Iron, Chicken Breast, Lentils, Semolina - Contains Korma Curry Paste, Tomato Tomato Paste, Sunflower Oil, Lentils, Sunflower Oil, Niacin, Thiamin), Salt, Gluten), Chopped Tomatoes, Purée, Coconut, Rapeseed Gluten Free Low Salt Tomato Paste, Carrots, Tuna Mushrooms, Coconut Milk Paprika - Contains Gluten), Oil, Cumin, Coriander, Garlic, Vegetable Stock (Cornflour, (Coconut Extract, Guar Gum, Carrots, Garden Peas, Chunks (Contains Fish), Xanthan Gum), Vinegar, Sweetcorn, Tomatoes, Onion, Ginger, Turmeric, Xanthan Potato Starch, Onion, Carrot, Sweetcorn, Onion, Grated Gum, Cardamom, Curry Gluten Free Low Salt Sunflower Oil, Plum Sauce, Peas, Tomato Powder, Black **Cheddar Cheese (Contains** Powder (Contains Mustard), Pepper, Parsley, Turmeric, Vegetable Stock (Cornflour, Beef Mince, Black Pepper, Milk), Sunflower Oil, Salt), Garlic, Cumin, Black Potato Starch, Onion, Carrot, Garlic Turmeric Balsamic Vinegar (Red Pepper Peas, Tomato Powder, Black Wine Vinegar, Grape Must, Pepper, Parsley, Turmeric, Caramel, Sulphite), Gluten 0 Salt), Gluten Free Flour, Bay (C) Free Low Salt Vegetable Leaves, Garlic, Parsley, Stock (Cornflour, Potato Mixed Herbs - Dried, Turmeric Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, **G** (C) Salt), Garlic, Italian Seasoning G 🔁 (D) 🚯

Allergens Key



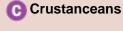








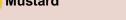








Peanuts















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



London

GB FB159 - Free from Soya - Adult Lunch - Week 1

Dessert

Cherry yoghurt

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



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



Fresh banana

Ingredients:, Banana

Chocolate and cinnamon flapjacks

Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar, Cocoa Powder, Cinnamon

0



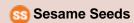
Allergens Key













Mollusc



