

## GB FB159 - Free from Soya - Adult Tea - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket potatoes with sweetcorn and cheese  Ingredients:, Jacket Potatoes, Sweetcorn, Grated Cheddar Cheese (Contains Milk)  D	Chickpea and cauliflower couscous salad  Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Cauliflower, Sweetcorn, Chick Peas, Olive Oil, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil	Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Peppers, Carrots, Sweetcorn, Onion, Chicken Breast, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper	Cumin chicken with garlic bread and Tzatziki dip  Ingredients:, Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Chicken Breast, Natural Yoghurt (Contains Milk), Cucumber, Olive Oil, Garlic, Cumin, Coriander, Paprika, Ground Black Pepper, Dill, Parsley, Basil	Paprika chickpea and green beans with baby new potato salad  Ingredients:, Potatoes, Chick Peas, Green Beans, Olive Oil, Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin
Dessert	Vegan, soya free cake  Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Fresh fruit Ingredients:, Fresh Fruit	Fresh fruit Ingredients:, Fresh Fruit	Vanilla Rice Pudding  Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar	Vegan, soya free cake  Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

## **Allergens Key**



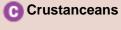


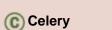
SB Soy Beans













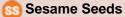














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