

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

Monday Tuesday Wednesday **Thursday Friday** Roasted Chickpea, fresh Veggie Chow Mein with Balti beans with rice Veggie Pot Pie Lentil pasta bake with Main raw vegetables, herby lentils, peas and noodles sweetcorn yoghurt dip with a tortilla Ingredients:, Basmati Rice, Ingredients:, Potatoes, Tomatoes, Onion, Spinach, Grated Carrots, Sweetcorn, Ingredients:, Egg Free wrap. Ingredients:, Egg Free Beans, Olive Oil, Ginger, Onion, Celery, Beans, Lentils, Fusilli (Durum Wheat Noodles (Wheat Flour (With Tomato Paste, Olive Oil, Calcium Carbonate, Iron, Garam Masala, Korma Curry Semolina - Contains Ingredients:, Wrap Paste, Tomato Purée, Gluten Free Low Salt Niacin, Thiamin), Salt, Gluten), Chopped Tomatoes, (Contains Wheat, Gluten), Coconut, Rapeseed Oil, Vegetable Stock (Cornflour, Tomato Paste, Carrots, Paprika - Contains Gluten), Chick Peas, Cucumber, Cumin, Coriander, Garlic, Potato Starch, Onion, Carrot, Carrots, Garden Peas, Lentils, Sweetcorn, Onion, Carrots, Natural Yoghurt Sweetcorn, Tomatoes, Onion, Ginger, Turmeric, Xanthan Peas, Tomato Powder, Black **Grated Cheddar Cheese** (Contains Milk), Garlic, Gum, Cardamom, Curry Olive Oil, Plum Sauce, Lentils, Pepper, Parsley, Turmeric, (Contains Milk), Olive Oil, Parsley, Black Pepper, Dill Powder (Contains Mustard), Salt), Garlic, Cumin, Black Black Pepper, Garlic Balsamic Vinegar (Red Turmeric Pepper Wine Vinegar, Grape Must, **G D** 0 Caramel, Sulphite), Gluten (C) Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning **G D SD**

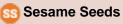
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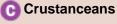








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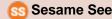














Created by The Yum Yum Food Company London

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Dessert

Cherry yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Cherry, 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



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



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



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Sesame Seeds