

Free from Soya - Vegetarian Adult Lunch - 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 butter beans, mixed with basmati rice and pea pesto served with sweetcorn and chickpeas Served with basmati rice ega free noodles peppers and mushroom Basmati Rice, Carrots, Ingredients:, Egg Free Ingredients:, Basmati Rice, served with roasted Chopped Tomatoes, Garlic, Fusilli (Durum Wheat Chopped Tomatoes, Carrots, Broccoli, Egg Free Noodles potatoes Gluten Free Low Salt Semolina - Contains Beans, Onion, Single Cream (Wheat Flour (With Calcium Vegetable Stock (Cornflour, Gluten), Chopped Tomatoes, (Contains Milk), Sunflower Carbonate, Iron, Niacin, Balsamic Vinegar (Red Potato Starch, Onion, Carrot, Thiamin), Salt, Paprika -Tomato Paste, Carrots, Chick Oil, Korma Curry Paste, Wine Vinegar, Grape Must, Peas, Tomato Powder, Black Peas, Sweetcorn, Onion, Tomato Purée, Coconut, Contains Gluten), Garlic, Caramel, Sulphite), Butter Pepper, Parsley, Turmeric, **Grated Cheddar Cheese** Rapeseed Oil, Cumin, Green Lentils, Ground Black Beans, Carrots, Garlic, Gluten Salt), Green Peppers, Ground (Contains Milk), Sunflower Coriander, Garlic, Ginger, Pepper, Onion, Parsley, Salt, Free Low Salt Vegetable Black Pepper, Olive Oil, Oil, Balsamic Vinegar (Red Turmeric, Xanthan Gum. Sunflower Oil, Turmeric Stock (Cornflour, Potato Onion, Oregano, Red Lentils, Wine Vinegar, Grape Must, Cardamom, Mango Chutney, Starch, Onion, Carrot, Peas, Red Peppers, Thyme, Tomato Caramel, Sulphite), Gluten Mango, Sugar, Vinegar, Salt, 0 Tomato Powder, Black Puree, Yellow Peppers Free Low Salt Vegetable Chilli Powder, Ginger Powder, Pepper, Parsley, Turmeric, Garlic Powder, Turmeric Stock (Cornflour, Potato Salt), Mixed Peppers, Onion, Starch, Onion, Carrot, Peas, Powder, Gluten Free Low Salt Paprika, Potatoes, Single Vegetable Stock (Cornflour, Tomato Powder, Black Cream (Contains Milk), Potato Starch, Onion, Carrot, Pepper, Parsley, Turmeric, Sunflower Oil. Tomato Puree Peas, Tomato Powder, Black Salt), Garlic, Italian Seasoning Pepper, Parsley, Turmeric, **(D)** Salt), Coriander, Garam **G D SD** Masala, Garlic, Ginger **(D)**

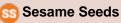
Allergens Key





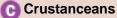














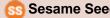
















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Dessert

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

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:, 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

Allergens Key



G Gluten



Fish









Mollusc















