

GB FB159 - Standard Adult Lunch -Week 1

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

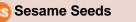
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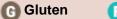






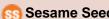














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Dessert

Cherry yoghurt

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



Apple and Peach Chocolate cake

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Apple, Peach, Egg, Milk, Pinch Of Brown Sugar, Cocoa Powder, Gluten Free Baking Powder







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



Blueberry Muffins

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Blueberry, Butter (Contains: Milk), Milk, Egg, Pinch Of Brown Sugar, Gluten Free Baking Powder









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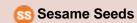
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Fish









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