

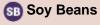
## Free from Soya - Vegetarian Child **Lunch - Week 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Lentil and chickpea dhal with herby couscous  Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Coriander, Cumin, Curry Powder (Contains Mustard), Ginger, Ground Black Pepper, Paprika	Vegetarian chilli con carne with kidney beans served with basmati rice  Basmati Rice, Baked Beans In Tomato Sauce, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Smoked Paprika, Sunflower Oil, Sweetcorn	Butter beans and leeks with carrots in a creamy sauce served with potatoes  Butter Beans, Carrots, Garlic, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Lemon Juice, Onion, Potatoes, Salt, Single Cream (Contains Milk), Smoked Paprika, Sunflower Oil, Tumeric	Vegetable chowder with cannellini beans served with yellow rice  Basmati Rice, Cannellini Beans, Carrots, Dill, Garden Peas, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Lemon Juice, Onion, Parsley, Potatoes, Salt, Single Cream (Contains Milk), Sunflower Oil, Sweetcorn, Turmeric	Vegetable chow main served with egg free noodles  Carrots, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Ginger, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Beans, Mixed Peppers, Mushrooms, Olive Oil, Onion, Red Lentils
Dessert	Date and apple flapjacks  Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Date, Golden Syrup, Porridge Oats (Contains Oat & Gluten)	Fruit yoghurt  Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar   D	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 fruit Ingredients:, Fresh Fruit	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

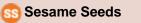
## **Allergens Key**



















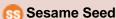


Peanuts













## **Allergens Key**





















