

GB FB159 - Free from Soya -**Vegetarian Child Lunch - Week 2**

Monday Tuesday Wednesday **Thursday Friday** Ratatouille with chickpeas Hoisin with lentils and rice Sweet and sour Asian Main Hungarian bean paprika Lentil Red pesto with pasta and parsley rice sauce and mash beans with noodles Ingredients:, Basmati Rice, Ingredients:, Pasta (Durum Wheat Semolina - Contains Chopped Tomatoes, Plum Ingredients:, Basmati Rice, Ingredients:, Potatoes, Ingredients:, Egg Free Sauce, Onion, Courgettes, Gluten), Chopped Tomatoes, Ratatouille (Courgette, **Noodles (Wheat Flour (With** Stewpack (Onion, Carrots, Garden Peas, Lentils, Olive Peppers, Sweetcorn, Onion, Tomatoes, Green Pepper, Turnip, Swede, Celery), Calcium Carbonate, Iron, Lentils, Olive Oil, Gluten Free Red Pepper, Onion, Carrots, Onion, Beans, Single Niacin, Thiamin), Salt, Aubergine), Carrots, Chopped Paprika - Contains Gluten), Low Salt Vegetable Stock Cream (Contains Milk), Butter (Contains: Milk), Cabbage, Carrots, Onion, (Cornflour, Potato Starch, Tomatoes, Chick Peas, Tomato Puree, Onion, Olive Tomato Puree, Olive Oil, Mushrooms, Plum Sauce, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Oil, Basil, Parsley, Thyme, Gluten Free Low Salt Olive Oil, Gluten Free Flour, Parsley, Turmeric, Salt), Ground Black Pepper, Garlic Vegetable Stock (Cornflour, Garlic Garlic, Basil Potato Starch, Onion, Carrot. Peas, Tomato Powder, Black 0 Pepper, Parsley, Turmeric, 0 Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper (D)(C)

Allergens Key





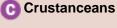








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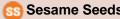














Created by The Yum Yum Food Company London

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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

Vanilla Rice Pudding

(D)

Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar

Fresh melon slices

Ingredients:, Honeydew Melon

Peach Krispie Bite

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Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup

Fresh fruit

Ingredients:, Fresh Fruit

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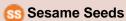
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Fish









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Peanuts









