

GB FB159 - Free from Soya - Adult Lunch - Week 2

Monday Tuesday Wednesday **Thursday Friday** Ratatouille with chickpeas Hungarian beef paprika Hoisin Chicken with rice Sweet and sour Asian Lentil Red pesto with pasta Main chicken with noodles and parsley rice sauce and mash 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, Stewpack (Onion, Carrots, **Noodles (Wheat Flour (With** Garden Peas, Chicken Peppers, Sweetcorn, Onion, Tomatoes, Green Pepper, Turnip, Swede, Celery), Calcium Carbonate, Iron, Red Pepper, Onion, Breast, Sunflower Oil Lentils, Sunflower Oil, Gluten Carrots, Onion, Beef Mince, Niacin, Thiamin), Salt, Aubergine), Carrots, Chopped Paprika - Contains Gluten), Free Low Salt Vegetable Single Cream (Contains Cabbage, Carrots, Onion, Stock (Cornflour, Potato Tomatoes, Chick Peas, Milk), Butter (Contains: Tomato Puree, Onion, Milk), Tomato Puree, Mushrooms, Plum Sauce, Starch, Onion, Carrot, Peas, Tomato Powder, Black Sunflower Oil, Basil, Parsley, Sunflower Oil, Gluten Free Sunflower Oil, Gluten Free Pepper, Parsley, Turmeric, Thyme, Ground Black Pepper, Low Salt Vegetable Stock Flour, Garlic Garlic (Cornflour, Potato Starch, Salt), Garlic, Basil Onion, Carrot, Peas, Tomato G Powder, Black Pepper, 0 Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper (D)(C)

Allergens Key













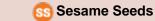














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Created by The Yum Yum Food Company London

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Dessert

Vegan, soya free cake

Ingredients:, Wheat Flour (Contains Gluten), 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

Strawberry yoghurt

Natural Yoghurt (Contains Milk), Strawberry Puree, Pinch Of Sugar



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Allergens Key

Eggs

S Soy Beans

Mustard

Sesame Seeds



Mollusc



Crustanceans











G Gluten



