

## GB FB159 - Free from Soya -**Vegetarian Adult 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, Peppers, Sweetcorn, Onion, Tomatoes, Green Pepper, Turnip, Swede, Celery), Calcium Carbonate, Iron, Sunflower Oil Lentils, Sunflower Oil, Gluten Red Pepper, Onion, Carrots, Onion, Beans, Single Niacin, Thiamin), Salt, Aubergine), Carrots, Chopped Paprika - Contains Gluten), Free Low Salt Vegetable Cream (Contains Milk), Butter (Contains: Milk), Cabbage, Carrots, Onion, Stock (Cornflour, Potato Tomatoes, Chick Peas, Tomato Puree, Onion, Tomato Puree, Sunflower Oil, Mushrooms, Plum Sauce, Starch, Onion, Carrot, Peas, Tomato Powder, Black Sunflower Oil, Basil, Parsley, Gluten Free Low Salt Sunflower Oil, Gluten Free Pepper, Parsley, Turmeric, Thyme, Ground Black Pepper, Vegetable Stock (Cornflour, Flour, Garlic Garlic Potato Starch, Onion, Carrot, Salt), Garlic, Basil Peas, Tomato Powder, Black G Pepper, Parsley, Turmeric, 0 Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper (D)(C)

### **Allergens Key**



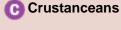










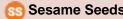




















### **Created by The Yum Yum Food Company** London

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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



**G** 

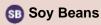
**Allergens Key** 



**G** Gluten



Fish









Mollusc

