

## GB FB159 - Free from Soya -**Vegetarian Child Lunch - Week 3**

## **Monday Tuesday** Wednesday **Thursday Friday** Lentil and chickpea dhal Beans in Creamy sauce Yum Yum Veggie pie Main Vegetarian chilli con carne Veggie pasta bake with with herby couscous with kidney beans served with Italian potatoes chickpea and carrot sauce with basmati rice Ingredients:, Potatoes, Garden Peas, Sweetcorn, Ingredients:, Cous Cous Ingredients:, Potatoes, Ingredients:, Pasta (Durum Carrots, Lentils, Onion, Wheat Semolina - Contains (Durum Wheat Semolina -Macedoine (Carrot, Swede, Basmati Rice, Baked Beans Contains Gluten), Carrots, Turnip, Peas), Chopped Gluten), Carrots, Onion, Single Cream (Contains In Tomato Sauce, Chopped Milk), Sunflower Oil, Gluten Potato, Chick Peas, Tomato Tomatoes, Carrots, Beans, Single Cream (Contains Tomatoes, Fajita Seasoning, Paste, Onion, Lentils, Milk), Chick Peas, Bechamel Free Flour, Lemon Juice, Dill, Single Cream (Contains Garlic, Gluten Free Low Salt Garlic, Ground Black Pepper Coconut Milk (Coconut Vegetable Stock (Cornflour, Milk), Gluten Free Flour, Sauce (Wheat Flour, Extract, Guar Gum, Xanthan Sunflower Oil, Onion, Parsley, Skimmed Milk Powder, Potato Starch, Onion, Carrot, Gum), Sunflower Oil, Basil, Garlic Sugar, Salt, Yeast, Onion), **(D)** Peas, Tomato Powder, Black Coriander, Cumin, Curry Cheese, Sunflower Oil, Gluten Pepper, Parsley, Turmeric, Powder (Contains Mustard). Free Low Salt Vegetable Salt), Green Lentils, Ground **(D)** Stock (Cornflour, Potato Ginger, Ground Black Pepper, Black Pepper, Kidney Beans, Starch, Onion, Carrot, Peas, Paprika Mixed Herbs - Dried, Mixed Tomato Powder, Black Peppers, Onion, Smoked Pepper, Parsley, Turmeric, G M Paprika, Sunflower Oil, Salt), Parsley, Turmeric, Sweetcorn Paprika, Ground Black Pepper $\mathbf{G}(\mathbf{D})$

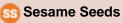
## **Allergens Key**



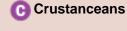












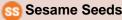




















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Dessert

Lemon and apple flapjacks with raisins

Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Lemon, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar

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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 oranges

Ingredients:, Oranges

Black Cherry yoghurt

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



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** 

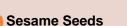


**G** Gluten











(M) Mollusc













