

Free from Soya - Vegetarian Child Tea - Week 3

Monday Tuesday Wednesday **Thursday Friday** Main Veggie sausage and Roasted vegetable pasta Roast butter beans with a Lentil cottage pie with Favourite vegetable curry garden peas with sautéed bake sweet carrot sauce and potatoes with carrots Served with basmati rice potatoes garden peas served with Chopped Tomatoes, egg free noodles Baked Beans In Tomato Courgettes, Diced Carrots, Sauce, Carrots, Chopped Garden Peas, Sauteed Apple, Basmati Rice, Tomatoes, Gluten Free Flour, Egg Free Fusilli (Durum Cannellini Beans, Carrots, Potatoes, Vegetarian Basil, Butter Beans, Carrots, Wheat Semolina - Contains Gluten Free Low Salt Coconut Milk (Coconut Sausages (Contains Gluten) Chopped Tomatoes, Egg Gluten), Garlic Puree, Gluten Vegetable Stock (Cornflour, Extract, Guar Gum, Xanthan Free Noodles (Wheat Flour Free Low Salt Vegetable Potato Starch, Onion, Carrot, Gum), Garden Peas, Garlic, (With Calcium Carbonate, 0 Stock (Cornflour, Potato Peas, Tomato Powder, Black Gluten Free Low Salt Iron, Niacin, Thiamin), Salt, Starch, Onion, Carrot, Peas, Pepper, Parsley, Turmeric, Vegetable Stock (Cornflour, Paprika - Contains Gluten), Tomato Powder, Black Salt), Green Lentils, Ground Potato Starch, Onion, Carrot, Garden Peas, Gluten Free Pepper, Parsley, Turmeric, Black Pepper, Mixed Beans, Peas, Tomato Powder, Black Low Salt Vegetable Stock Salt), Grated Cheddar Mixed Herbs - Dried, Mixed Pepper, Parsley, Turmeric, (Cornflour, Potato Starch, Cheese (Contains Milk), Peppers, Onion, Salt, Salt), Ground Black Pepper, Onion, Carrot, Peas, Tomato Sauteed Potatoes, Smoked Green Peppers, Onion, Red Korma Curry Paste, Tomato Powder, Black Pepper, Paprika, Sunflower Oil, Lentils, Red Peppers, Parsley, Turmeric, Salt), Purée, Coconut, Rapeseed Thyme, Tomato Paste Oil, Cumin, Coriander, Garlic, Sweetcorn, Yellow Peppers Ground Black Pepper, Onion, Ginger, Turmeric, Xanthan Salt, Spinach, Sunflower Oil Gum, Cardamom, Mango **G D** Chutney, Mango, Sugar, G Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Sunflower Oil, Sweetcorn, Tomato Puree

Allergens Key



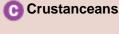












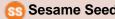




















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Dessert

Fruit yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar



Pear and pineapple energy bites

Cocoa Powder, Maple Syrup, Oat Flakes (Contains Oat & Gluten), Orange Extract, Pear, Pineapple, Rice Krispies (Rice, Sugar, Barley Extract, Salt -**Contains Barley**)



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



Mixed fruit crumble

Ingredients:, Wheat Flour (Contains Gluten), **Breadcrumbs (Contains:** Gluten), Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

Fresh fruit

Ingredients:, Fresh Fruit

Allergens Key



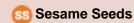
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Fish









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