

GB FB159 - Free from Soya - Adult Lunch - Week 3

Monday Tuesday Wednesday **Thursday Friday** Lentil and chickpea dhal Italian Chicken Pastina Yum Yum Fish pie Main Beef chilli con carne with Roast chicken in Creamy with herby couscous kidney beans served with tomato sauce with Italian basmati rice potatoes Ingredients:, Pasta (Durum Ingredients:, Potatoes, Wheat Semolina - Contains Garden Peas, Sweetcorn, Ingredients:, Cous Cous Gluten), Onion, Carrots, Carrots, Fish Mix (Pollack (Durum Wheat Semolina -Basmati Rice, Baked Beans Ingredients:, Potatoes, Fish, Salmon), Onion, Single Contains Gluten), Carrots, Celery, Wholemeal Bread In Tomato Sauce, Beef Mince, Macedoine (Carrot, Swede, (Wholemeal Wheat Flour, Cream (Contains Milk), Olive Potato, Chick Peas, Tomato Chopped Tomatoes, Fajita Turnip, Peas, Beans), Paste, Onion, Lentils, Water, Salt, Yeast, Oil, Gluten Free Flour, Lemon Chopped Tomatoes, Carrots, Seasoning, Garlic, Gluten Vegetable Oil), Chicken Juice, Dill, Garlic, Ground Coconut Milk (Coconut Free Low Salt Vegetable Chicken Breast, Single Extract, Guar Gum, Xanthan Breast, Olive Oil, Gluten Free Black Pepper Stock (Cornflour, Potato Cream (Contains Milk), Low Salt Vegetable Stock Gum), Olive Oil, Coriander, Starch, Onion, Carrot, Peas, Gluten Free Flour, Olive Oil, (Cornflour, Potato Starch, Cumin, Curry Powder Tomato Powder, Black Onion, Parsley, Basil, Garlic **(3** (0) Onion, Carrot, Peas, Tomato (Contains Mustard), Ginger, Pepper, Parsley, Turmeric, Ground Black Pepper, Powder, Black Pepper, Salt), Ground Black Pepper, **(D)** Parsley, Turmeric, Salt), Paprika Kidney Beans, Mixed Herbs -Garlic, Parsley, Turmeric, Dried, Mixed Peppers, Onion, Black Pepper Smoked Paprika, Olive Oil, G M Sweetcorn \mathbf{G}

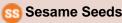
Allergens Key





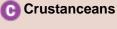














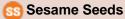








Nuts







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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



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



Fresh oranges

Ingredients:, Oranges

Black Cherry yoghurt

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



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



Allergens Key













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