Free from Soya - Adult Lunch - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Fruity vegetable curry with chick peas served with basmati rice Basmati Rice, Carrots, Chick Peas, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Salt, Sunflower Oil, Sweetcorn, Tomato Puree	Mango chicken with carrots and sweetcorn served with couscous Carrots, Chicken Breast, **Cous Cous (Durum Wheat Semolina - Contains Gluten)**, Garlic, Ginger, Lemon Juice, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Mixed Peppers, Salt, Sunflower Oil, Sweetcorn, Vinegar G	Hungarian beef and beans goulash with parnips and roasted potatoes Beef Diced, Butter Beans, Carrots, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Peppers, Onion, Paprika, Parsnips, Potatoes, Salt, **Single Cream (Contains Milk)**, Smoked Paprika, Pinch Of Sugar, Sunflower Oil, Thyme, Tomato Puree D	Chicken sweet and sour with peppers Served with basmati rice **Apricot Sulphur Dioxide**, Basmati Rice, Carrots, Chicken Breast, Chopped Tomatoes, **Curry Powder (Contains Mustard)**, Garam Masala, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Sunflower Oil, Vinegar SD	Beef bolognaise with garden peas served with penne pasta Beef Mince, Black Pepper, Carrots, Chopped Tomatoes, **Egg Free Penne (Durum Wheat Semolina - Contains Gluten)**, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Leeks, Mixed Peppers, Onion, Oregano, Sunflower Oil, Tomato Puree G

Allergens Key

D Dairy
E Eggs
SB Soy Beans
M Mustard
L Lupin
C Crustanceans
P Peanuts
G Gluten
F Fish
N Nuts
SS Sesame Seeds
M Mollusc
C Celery
SD Sulphur Dioxide

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Dessert	Oat and raisin slice Pinch Of Brown Sugar, Dairy Free Margarine, Honey, **Oat Flakes (Contains Oat & Gluten)**, Raisins G	Fruit yoghurt **Ingredients:**, **Natural Yoghurt (Contains Milk)**, Fruit Pureed, Pinch Of Sugar D	Fresh oranges **Ingredients:**, Oranges	Cranberry flapjacks with rice crispies Apple, Pinch Of Brown Sugar, Cranberry, Dairy Free Margarine, Golden Syrup, **Porridge Oats (Contains Oat & Gluten)**, **Rice Krispies (Rice, Sugar, Barley Extract, Salt - Contains Barley)** G	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 G

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