

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

Monday Tuesday Wednesday **Thursday Friday** Lentil and chickpea dhal Chicken pasta bake with 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 carrot sauce basmati rice potatoes Ingredients:, Potatoes, Garden Peas, Sweetcorn, Ingredients:, Cous Cous Ingredients:, Pasta (Durum Carrots, Fish Mix (Pollack (Durum Wheat Semolina -Wheat Semolina - Contains Basmati Rice, Baked Beans Ingredients:, Potatoes, Fish, Salmon), Onion, Single Contains Gluten), Carrots, Gluten), Carrots, Onion, In Tomato Sauce, Beef Mince, Macedoine (Carrot, Swede, Cream (Contains Milk), Potato, Chick Peas, Tomato Single Cream (Contains Chopped Tomatoes, Fajita Turnip, Peas), Chopped Paste, Onion, Lentils, Milk), Chicken Breast, Sunflower Oil, Gluten Free Seasoning, Garlic, Gluten Tomatoes, Carrots, Chicken Flour, Lemon Juice, Dill, Coconut Milk (Coconut Free Low Salt Vegetable **Bechamel Sauce (Wheat** Breast, Single Cream Extract, Guar Gum, Xanthan Flour, Skimmed Milk Garlic, Ground Black Pepper Stock (Cornflour, Potato (Contains Milk), Gluten Free Gum), Sunflower Oil, Powder, Sugar, Salt, Yeast, Starch, Onion, Carrot, Peas, Flour, Sunflower Oil, Onion, Coriander, Cumin, Curry Onion), Cheese, Sunflower Tomato Powder, Black Parsley, Basil, Garlic **(3** (0) Powder (Contains Mustard). Oil, Gluten Free Low Salt Pepper, Parsley, Turmeric, Vegetable Stock (Cornflour, Ginger, Ground Black Pepper, Salt), Ground Black Pepper, **(D)** Potato Starch, Onion, Carrot, Paprika Kidney Beans, Mixed Herbs -Peas, Tomato Powder, Black Dried, Mixed Peppers, Onion, Pepper, Parsley, Turmeric, G M Smoked Paprika, Sunflower Salt), Parsley, Turmeric, Oil, Sweetcorn Paprika, Ground Black Pepper $\mathbf{G}(\mathbf{D})$

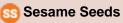
Allergens Key



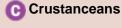










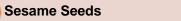






Peanuts



















Created by The Yum Yum Food Company London

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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 (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



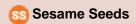
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