

GB FB159 - Vegetarian Adult Lunch - Week 1

Monday Tuesday Wednesday **Thursday Friday** Creamy root vegetable Veggie Chow Mein with Balti beans with rice Veggie Pot Pie Main Lentil pasta bake with gratin with bulgar wheat lentils, peas and noodles sweetcorn Ingredients:, Basmati Rice, Ingredients:, Potatoes, Tomatoes, Onion, Spinach, Grated Carrots, Sweetcorn, Ingredients:, Bulgar Wheat, Ingredients:, Egg Free Ingredients:, Egg Free Beans, Olive Oil, Ginger, Onion, Celery, Beans, Lentils, Potato, Onion, Carrots, Noodles (Wheat Flour (With Fusilli (Durum Wheat Tomato Paste, Olive Oil, Swedes, Celery, Turnips, Calcium Carbonate, Iron, Garam Masala, Korma Curry Semolina - Contains Paste, Tomato Purée, Gluten Free Low Salt Lentils, Olive Oil, Mushrooms, Niacin, Thiamin), Salt, Gluten), Chopped Tomatoes, Coconut, Rapeseed Oil, Vegetable Stock (Cornflour, Coconut Milk (Coconut Paprika - Contains Gluten), Tomato Paste, Carrots, Cumin, Coriander, Garlic, Potato Starch, Onion, Carrot, Extract, Guar Gum, Xanthan Carrots, Garden Peas, Lentils, Sweetcorn, Onion, Gum), Vinegar, Gluten Free Sweetcorn, Tomatoes, Onion, Ginger, Turmeric, Xanthan Peas, Tomato Powder, Black **Grated Cheddar Cheese** Gum, Cardamom, Curry Low Salt Vegetable Stock Olive Oil, Plum Sauce, Lentils, Pepper, Parsley, Turmeric, (Contains Milk), Olive Oil, Powder (Contains Mustard), Salt), Garlic, Cumin, Black (Cornflour, Potato Starch, Soya Sauce (Soybeans, Balsamic Vinegar (Red Onion, Carrot, Peas, Tomato Salt, Spirit Vinegar -Turmeric Pepper Wine Vinegar, Grape Must, Powder, Black Pepper, Contains Soya), Black Caramel, Sulphite), Gluten Parsley, Turmeric, Salt), Pepper, Garlic (C) Free Low Salt Vegetable Stock (Cornflour, Potato Gluten Free Flour, Bay Leaves, Garlic, Parsley, Starch, Onion, Carrot, Peas, G SB Tomato Powder, Black Mixed Herbs - Dried, Turmeric Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning **G** (C) **G D SD**

Allergens Key

































Created by The Yum Yum Food Company London

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Dessert

Cherry yoghurt

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



Apple and Peach cake

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Apple, Peach, Egg, Milk, Pinch Of Brown Sugar, Gluten Free Baking Powder







Fresh banana

Ingredients:, Banana

Chocolate and cinnamon flapjacks

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



Forest fruit cake

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Butter (Contains: Milk), Milk, Egg, Pinch Of Brown Sugar, Gluten Free Baking Powder







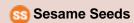














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