

## GB FB159 - Vegetarian Adult Lunch -Week 1

## **Monday** Tuesday Wednesday **Thursday Friday** Roasted Chickpea, fresh Veggie Chow Mein with Balti beans with rice Veggie Pot Pie Lentil pasta bake with Main raw vegetables, herby lentils, peas and noodles sweetcorn yoghurt dip with a tortilla Ingredients:, Basmati Rice, Ingredients:, Potatoes, Tomatoes, Onion, Spinach, Grated Carrots, Sweetcorn, Ingredients:, Egg Free wrap. Ingredients:, Egg Free Beans, Olive Oil, Ginger, Onion, Celery, Beans, Lentils, Fusilli (Durum Wheat Noodles (Wheat Flour (With Tomato Paste, Olive Oil, Calcium Carbonate, Iron, Garam Masala, Korma Curry Semolina - Contains Ingredients:, Wrap Paste, Tomato Purée, Gluten Free Low Salt Niacin, Thiamin), Salt, Gluten), Chopped Tomatoes, (Contains Wheat, Gluten), Coconut, Rapeseed Oil, Vegetable Stock (Cornflour, Tomato Paste, Carrots, Paprika - Contains Gluten), Chick Peas, Cucumber, Cumin, Coriander, Garlic, Potato Starch, Onion, Carrot, Carrots, Garden Peas, Lentils, Sweetcorn, Onion, Carrots, Natural Yoghurt Sweetcorn, Tomatoes, Onion, Ginger, Turmeric, Xanthan Peas, Tomato Powder, Black **Grated Cheddar Cheese** (Contains Milk), Garlic, Gum, Cardamom, Curry Olive Oil, Plum Sauce, Lentils, Pepper, Parsley, Turmeric, (Contains Milk), Olive Oil, Parsley, Black Pepper, Dill Powder (Contains Mustard), Salt), Garlic, Cumin, Black Soya Sauce (Soybeans, Balsamic Vinegar (Red Salt, Spirit Vinegar -Turmeric Pepper Wine Vinegar, Grape Must, **G D** Contains Soya), Black Caramel, Sulphite), Gluten Pepper, Garlic (C) Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, G SB Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning **G D SD**

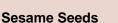
## **Allergens Key**





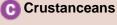












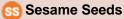


Peanuts













The Yum Yum Food Company London **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 Chocolate cake

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



Blueberry Muffins

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









**Allergens Key** 



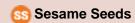
**G** Gluten



🕞 Fish





















**Eggs** 

Nuts