

GB FB159 - Free from Egg -**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, Sunflower Oil, Ginger, Onion, Celery, Beans, Lentils, Potato, Onion, Carrots, Noodles (Wheat Flour (With Fusilli (Durum Wheat Tomato Paste, Sunflower Oil, Swedes, Celery, Turnips, Calcium Carbonate, Iron, Garam Masala, Korma Curry Semolina - Contains Paste, Tomato Purée, Gluten Free Low Salt Lentils, Sunflower Oil, Niacin, Thiamin), Salt, Gluten), Chopped Tomatoes, Coconut, Rapeseed Oil, Vegetable Stock (Cornflour, Mushrooms, Coconut Milk Paprika - Contains Gluten), Tomato Paste, Carrots, Cumin, Coriander, Garlic, Potato Starch, Onion, Carrot, (Coconut Extract, Guar Gum, Carrots, Garden Peas, Lentils, Sweetcorn, Onion, Xanthan Gum), Vinegar, Sweetcorn, Tomatoes, Onion, Ginger, Turmeric, Xanthan Peas, Tomato Powder, Black **Grated Cheddar Cheese** Gum, Cardamom, Curry Gluten Free Low Salt Sunflower Oil, Plum Sauce, Pepper, Parsley, Turmeric, (Contains Milk), Sunflower Powder (Contains Mustard), Salt), Garlic, Cumin, Black Vegetable Stock (Cornflour, Lentils, Soya Sauce Oil, Balsamic Vinegar (Red Potato Starch, Onion, Carrot, (Soybeans, Salt, Spirit Turmeric Pepper Wine Vinegar, Grape Must, Peas, Tomato Powder, Black Vinegar - Contains Soya), Caramel, Sulphite), Gluten Pepper, Parsley, Turmeric, Black Pepper, Garlic (C) Free Low Salt Vegetable Salt), Gluten Free Flour, Bay Stock (Cornflour, Potato Leaves, Garlic, Parsley, Starch, Onion, Carrot, Peas, G SB Mixed Herbs - Dried, Turmeric Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning **G** (C) **G** (D) **S**D

Allergens Key

















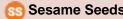














Vegan, soya free cake

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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Dessert

Cherry yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), 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



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

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Allergens Key













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