

GB FB159 - Free from Egg -**Vegetarian Adult Tea - Week 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket potatoes with sweetcorn and cheese Ingredients:, Jacket Potatoes, Sweetcorn, Grated Cheddar Cheese (Contains Milk) D	Chickpea and cauliflower couscous salad Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Cauliflower, Sweetcorn, Chick Peas, Olive Oil, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil	Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Peppers, Carrots, Sweetcorn, Onion, Lentils, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper	Gluten free Cauliflower and Broccoli Tots with garlic bread and Tzatziki dip Ingredients:, Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Natural Yoghurt (Contains Milk), Cucumber, Garlic, Ground Black Pepper, Dill, Parsley, Basil	Paprika chickpea and green beans with baby new potato salad Ingredients:, Potatoes, Chick Peas, Green Beans, Olive Oil, Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin

Allergens Key





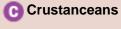








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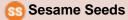














The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

Vegetarian Adult Tea - Week 1

Dessert

Vegan, soya free cake

Bicarbonate Of Soda,

Cinnamon

G

Fresh fruit

Fresh fruit

Vanilla Rice Pudding

Vegan, soya free cake

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder,

Ingredients:, Fresh Fruit

Ingredients:, Fresh Fruit

Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar

(D)

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



Allergens Key

(D) Dairy

Eggs

S Soy Beans

Mustard

Lupin

Crustanceans

Sulphur **Dioxide**

Peanuts







