

GB FB159 - Free from Egg - Child Lunch - Week 2

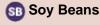
Monday Tuesday Wednesday **Thursday Friday** Ratatouille with chickpeas Hoisin Chicken with rice Sweet and sour Asian Main Hungarian beef paprika Lentil Red pesto with pasta chicken with noodles and parsley rice sauce and mash Ingredients:, Basmati Rice, Ingredients:, Pasta (Durum Wheat Semolina - Contains Chopped Tomatoes, Plum Ingredients:, Basmati Rice, Ingredients:, Potatoes, Ingredients:, Egg Free Sauce, Onion, Courgettes, Gluten), Chopped Tomatoes, Ratatouille (Courgette, Stewpack (Onion, Carrots, **Noodles (Wheat Flour (With** Garden Peas, Chicken Peppers, Sweetcorn, Onion, Tomatoes, Green Pepper, Turnip, Swede, Celery), Calcium Carbonate, Iron, Breast, Sunflower Oil, Sova Lentils, Sunflower Oil, Gluten Red Pepper, Onion, Carrots, Onion, Beef Mince, Niacin, Thiamin), Salt, Aubergine), Carrots, Chopped Sauce (Soybeans, Salt, Paprika - Contains Gluten), Free Low Salt Vegetable Single Cream (Contains **Spirit Vinegar - Contains** Cabbage, Carrots, Onion, Stock (Cornflour, Potato Tomatoes, Chick Peas, Milk), Butter (Contains: Tomato Puree, Onion, Milk), Tomato Puree, Soya) Mushrooms, Plum Sauce, Starch, Onion, Carrot, Peas, Tomato Powder, Black Sunflower Oil, Basil, Parsley, Sunflower Oil, Gluten Free Sunflower Oil, Gluten Free Pepper, Parsley, Turmeric, Thyme, Ground Black Pepper, Low Salt Vegetable Stock Flour, Soya Sauce SB Garlic (Cornflour, Potato Starch, (Soybeans, Salt, Spirit Salt), Garlic, Basil Onion, Carrot, Peas, Tomato Vinegar - Contains Soya), Powder, Black Pepper, Garlic 0 Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay G SB Leaves, Garlic, Ground Black Pepper (D)(C)

Allergens Key

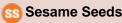


G Gluten



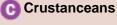










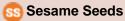


















London

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Dessert

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

Vanilla Rice Pudding

(D)

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

Fresh melon slices

Ingredients:, Honeydew Melon

Peach Krispie Bite

0

Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup

Fresh fruit

Ingredients:, Fresh Fruit

G

Soda, Cinnamon

Allergens Key

(D) Dairy

Eggs

S Soy Beans

Mustard

Sesame Seeds



Mollusc



Crustanceans









G Gluten

Fish

