

## GB FB159 - Free from Egg -**Vegetarian Child Lunch - Week 2**

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

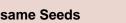
### **Allergens Key**







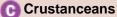






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**Sesame Seeds** 



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

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Dessert

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, Bicarbonate Of Soda, Cinnamon

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Vanilla Rice Pudding

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



Fresh melon slices

Ingredients:, Honeydew Melon

Peach Krispie Bite

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



Sugar

Strawberry yoghurt

Ingredients:, Natural

Yoghurt (Contains Milk), Strawberry Puree, Pinch Of

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**Allergens Key** 





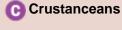








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