

GB FB159 - Free from Egg - Adult 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, Olive Oil, Soya Sauce Lentils, Olive Oil, Gluten Free Red Pepper, Onion, Carrots, Onion, Beef Mince, Niacin, Thiamin), Salt, Aubergine), Carrots, Chopped (Soybeans, Salt, Spirit Paprika - Contains Gluten), Low Salt Vegetable Stock Single Cream (Contains Vinegar - Contains Soya) Cabbage, Carrots, Onion, (Cornflour, Potato Starch, Tomatoes, Chick Peas, Milk), Butter (Contains: Tomato Puree, Onion, Olive Milk), Tomato Puree, Olive Mushrooms, Plum Sauce, Onion, Carrot, Peas, Tomato Oil, Basil, Parsley, Thyme, Oil, Gluten Free Low Salt Olive Oil, Gluten Free Flour, Powder, Black Pepper, SB Parsley, Turmeric, Salt), Ground Black Pepper, Garlic Vegetable Stock (Cornflour, Soya Sauce (Soybeans, Garlic, Basil Potato Starch, Onion, Carrot, Salt, Spirit Vinegar -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)

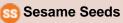
Allergens Key



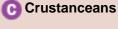














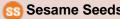
















Created by The Yum Yum Food Company London

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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

Vanilla Rice Pudding

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

(D)

Fresh melon slices

Ingredients:, Honeydew Melon

Peach Krispie Bite

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

Strawberry yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Strawberry Puree, Pinch Of Sugar



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Allergens Key



G Gluten











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