

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

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

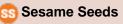
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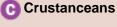








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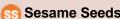














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Dessert

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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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



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

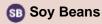
Ingredients:, Natural Yoghurt (Contains Milk), Strawberry Puree, Pinch Of Sugar



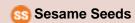
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