

# Free from Egg - Adult Tea - Week 2

#### **Tuesday** Wednesday **Thursday Friday** Monday Main 100% Cod fillet fish fingers Winter vegetables with Baked pasta with Sweet and sour veggies Smoked paprika chicken and baked beans with chickpeas and egg free mediterranean vegetables with pepper and bite sized with a tomato sauce served and Tuna sautéed potatoes noodles served with a tasty pineapple served with with basmati rice cauliflower coulis egg free noodles Baked Beans In Tomato Chopped Tomatoes, Balsamic Vinegar (Red Sauce, Cod Fillet Fish Courgettes, Diced Carrots, Wine Vinegar, Grape Must, Cauliflower, Chick Peas, Egg Cornflour, Egg Free Noodles Fingers (Whitefish, Wheat Egg Free Fusilli (Durum Caramel, Sulphite), Basil, Free Noodles (Wheat Flour (Wheat Flour (With Calcium Flour, Vegetable Oil, Yeast, Wheat Semolina - Contains Basmati Rice, Carrots, (With Calcium Carbonate, Carbonate, Iron, Niacin, Chicken Breast, Chopped Salt, Paprika, Curcumin, Iron, Niacin, Thiamin), Salt, Gluten), Garlic Puree, Gluten Thiamin), Salt, Paprika -Turmeric), Sauteed Potatoes Free Low Salt Vegetable Tomatoes, Courgettes, Garlic, Paprika - Contains Gluten), Contains Gluten), Garlic, Stock (Cornflour, Potato Gluten Free Low Salt Gluten Free Low Salt Ginger, Gluten Free Low Salt Starch, Onion, Carrot, Peas, Vegetable Stock (Cornflour, Vegetable Stock (Cornflour, Vegetable Stock (Cornflour, G 🖪 Potato Starch, Onion, Carrot, Tomato Powder, Black Potato Starch, Onion, Carrot, Potato Starch, Onion, Carrot, Pepper, Parsley, Turmeric, Peas, Tomato Powder, Black Peas, Tomato Powder, Black Peas, Tomato Powder, Black Salt), Grated Cheddar Pepper, Parsley, Turmeric, Pepper, Parsley, Turmeric, Pepper, Parsley, Turmeric, Cheese (Contains Milk), Salt), Onion, Peppers, Salt), Olive Oil, Onion, Salt), Green Lentils, Lemon Parsley, Peppers, Plum Green Peppers, Ground Black Juice, Mixed Peppers, Onion, Smoked Paprika, Sunflower Sauce, Sweetcorn, Tomato Pepper, Onion, Red Peppers, Oil, Thyme, Tomato Paste Paprika, Pineapple, Vinegar Sweetcorn, Tuna Chunks Paste (Contains Fish), Yellow 0 Peppers G **G D**

### **Allergens Key**

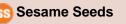












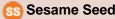
























#### **Dessert**

Fruit yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar



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 Soda, Cinnamon



Fresh fruit

Ingredients:, Fresh Fruit

Rice Krispie Apricot slice

Dairy Free Margarine, Dried Apricots, Golden Syrup, Oat Flakes (Contains Oat & Gluten), Raisins, Rice Krispies (Rice, Sugar, Barley Extract, Salt -**Contains Barley)** 





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 Soda, Cinnamon



## **Allergens Key**













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