

GB FB159 - Vegetarian Adult Tea -Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket potatoes with sweetcorn and cheese Ingredients:, Jacket Potatoes, Sweetcorn, Grated Cheddar Cheese (Contains Milk) D	Chickpea and cauliflower couscous salad Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Cauliflower, Sweetcorn, Chick Peas, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil	Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Peppers, Carrots, Sweetcorn, Onion, Lentils, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper	Gluten free Cauliflower and Broccoli Tots with garlic bread and Tzatziki dip Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Natural Yoghurt (Contains Milk), Cucumber, Garlic, Ground Black Pepper, Dill, Parsley, Basil	Paprika chickpea and green beans with baby new potato salad Ingredients:, Potatoes, Chick Peas, Green Beans, Olive Oil, Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin
Dessert	Chocolate and pineapple cake Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Pineapple, Butter (Contains: Milk), Vegetable Oil, Egg, Pinch Of Sugar, Cinnamon, Cocoa Powder G	Fresh fruit Ingredients:, Fresh Fruit	Lemon yoghurt Ingredients:, Natural Yoghurt (Contains Milk), Lemon, Pinch Of Sugar D	Vanilla Rice Pudding Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar	Apple and cherry cake Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Apple, Cherry, Butter (Contains: Milk), Egg, Pinch Of Sugar, Cinnamon G E B D

Allergens Key



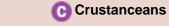












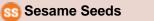


































Lupin















