

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

Monday Tuesday Wednesday **Thursday Friday** Ratatouille with chickpeas Hoisin with lentils and rice Sweet and sour Asian Lentil pasta salad with Main Hungarian bean paprika and parsley rice sauce and mash beans with noodles sweetcorn Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Ingredients:, Basmati Rice, Ingredients:, Potatoes, Ingredients:, Egg Free Ingredients:, Pasta (Durum Sauce, Onion, Courgettes, Ratatouille (Courgette, Noodles (Wheat Flour (With Stewpack (Onion, Carrots, Wheat Semolina - Contains Garden Peas, Lentils, Olive Tomatoes, Green Pepper, Turnip, Swede, Celery), Calcium Carbonate, Iron, Gluten), Sweetcorn, Peppers, Oil, Soya Sauce (Soybeans, Red Pepper, Onion, Carrots, Onion, Beans, Single Niacin, Thiamin), Salt, Lentils, Lemon Juice, Olive Aubergine), Carrots, Chopped Salt, Spirit Vinegar -Paprika - Contains Gluten), Oil, Parsley, Garlic, Dill, Black Cream (Contains Milk), Butter (Contains: Milk), **Contains Soya)** Tomatoes, Chick Peas, Cabbage, Carrots, Onion, Pepper Tomato Puree, Onion, Olive Tomato Puree, Olive Oil, Mushrooms, Plum Sauce, Oil, Basil, Parsley, Thyme, Gluten Free Low Salt SB Olive Oil, Gluten Free Flour, 0 Ground Black Pepper, Garlic Vegetable Stock (Cornflour, Soya Sauce (Soybeans, 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)

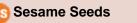
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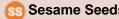














Created by The Yum Yum Food Company London

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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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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



Strawberry yoghurt

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



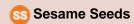
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