

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

Monday Tuesday Wednesday **Thursday Friday** Gluten free Cauliflower and Lentil pasta salad with Gluten free Cauliflower and Main Veggie nuggets with grated Paprika chickpea couscous Broccoli Tots with carrot mixed veggies carrots and garlic bread salad Broccoli Tots with baked and cucumber and baby beans and potatoes potatoes Ingredients:, Pasta (Durum Garlic Bread (Wheat Flour, Ingredients:, Cous Cous Wheat Semolina - Contains (Durum Wheat Semolina -Margarine, Garlic, Salt, Ingredients:, Potatoes, Gluten), Mixed Vegetables Parsley, Yeast), Vegetarian Contains Gluten), Chick Baked Beans In Tomato Ingredients:, Potatoes, Carrots, Green Beans, Broad Nuggets (Carrot, Peas, Cucumber, Lettuce, Sauce. Gluten Free Gluten Free Cauliflower And Beans, Garden Peas, Sweetcorn, Green Beans, Sweetcorn, Carrots, Tumeric, Cauliflower And Broccoli Tots Broccoli Tots (Broccoli. Sweetcorn, Lentils, Gluten Cauliflower, Potato, Wheat Basil, Parsley, Ground Black (Broccoli, Cauliflower, Cauliflower, Potatoes, Free Low Salt Vegetable Flour, yeast, Salt, Olive Oil, Pepper, Garlic, Gluten Free Potatoes, Vegetable Oils, Vegetable Oils, Corn Starch, Stock (Cornflour, Potato White Pepper, Sugar, Low Salt Vegetable Stock Corn Starch, Potato Flakes, Potato Flakes, Pea Flour, Starch, Onion, Carrot, Peas, Onion, Parsley, Paprika, (Cornflour, Potato Starch, Pea Flour, Onion, Tomato, Onion, Tomato, Garlic, Salt), Tomato Powder, Black Turmeric), Grated Carrots Onion, Carrot, Peas, Tomato Garlic, Salt), Olive Oil, Cucumber, Carrots, Olive Oil, Pepper, Parsley, Turmeric, Powder, Black Pepper, Rosemary Rosemary, Garlic, Ground Salt), Garlic, Ground Black Parsley, Turmeric, Salt) Black Pepper, Parsley, 0 Pepper, Parsley, Cumin, Rosemary Coriander, Basil G G

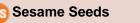
Allergens Key













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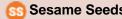














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Dessert

Cherry yoghurt

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



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



Apple and lemon crumble

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Breadcrumbs (Contains: Gluten), Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon



Fresh fruit

Ingredients:, Fresh Fruit

Peach flapjacks

Ingredients:, Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, Porridge Oats (Contains Oat & Gluten), Pinch Of Sugar



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Nuts