

## Free from Egg - Adult Lunch - Week 3

## **Monday Tuesday** Wednesday **Thursday Friday** Main Fruity vegetable curry with Mango chicken with carrots Hungarian beef and beans Chicken sweet and sour Beef bolognaise with chick peas served with and sweetcorn served with goulash with parnips and with peppers Served with garden peas served with basmati rice couscous roasted potatoes basmati rice penne pasta Basmati Rice, Carrots, Chick Carrots, Chicken Breast, Beef Diced, Butter Beans, Apricot Sulphur Dioxide, Beef Mince, Black Pepper, Peas, Coconut Milk (Coconut Cous Cous (Durum Wheat Carrots, Chopped Tomatoes, Basmati Rice, Carrots, Carrots, Chopped Tomatoes, Extract, Guar Gum, Xanthan Garlic, Gluten Free Low Salt Chicken Breast, Chopped Semolina - Contains Egg Free Penne (Durum Gum), Garden Peas, Garlic, Gluten), Garlic, Ginger, Vegetable Stock (Cornflour, Tomatoes, Curry Powder Wheat Semolina - Contains Potato Starch, Onion, Carrot, Gluten Free Low Salt Lemon Juice, Mango (Contains Mustard), Garam Gluten), Garden Peas, Garlic, Vegetable Stock (Cornflour, Chutney, Mango, Sugar, Peas, Tomato Powder, Black Masala, Garden Peas, Garlic, Gluten Free Low Salt Potato Starch, Onion, Carrot, Vinegar, Salt, Chilli Powder, Pepper, Parsley, Turmeric, Gluten Free Low Salt Vegetable Stock (Cornflour, Peas, Tomato Powder, Black Ginger Powder, Garlic Salt), Mixed Peppers, Onion, Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Powder, Turmeric Powder, Pepper, Parsley, Turmeric, Paprika, Parsnips, Potatoes, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Salt), Ground Black Pepper, Mixed Peppers, Salt, Salt, Single Cream Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Korma Curry Paste, Tomato Sunflower Oil, Sweetcorn, (Contains Milk), Smoked Pepper, Parsley, Turmeric, Salt), Green Lentils, Leeks, Purée, Coconut, Rapeseed Paprika, Pinch Of Sugar, Salt), Mango Chutney, Mixed Peppers, Onion, Vinegar Oil, Cumin, Coriander, Garlic, Sunflower Oil, Thyme, Mango, Sugar, Vinegar, Salt, Oregano, Sunflower Oil, Chilli Powder, Ginger Powder, Ginger, Turmeric, Xanthan Tomato Puree Tomato Puree 0 Garlic Powder, Turmeric Gum, Cardamom, Mango Chutney, Mango, Sugar, Powder, Onion, Sunflower Oil. **(D)** G Vinegar, Salt, Chilli Powder, Vinegar Ginger Powder, Garlic Powder, Turmeric Powder, ጪ Onion, Salt, Sunflower Oil, Sweetcorn, Tomato Puree

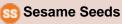
## **Allergens Key**

















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**Dessert** 

Oat and raisin slice

Pinch Of Brown Sugar, Dairy Free Margarine, Honey, Oat Flakes (Contains Oat & Gluten), Raisins



Fruit yoghurt

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



Fresh oranges

Ingredients:, Oranges

Cranberry flapjacks with rice crispies

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



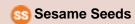
**Allergens Key** 













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