

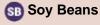
GB FB159 - Free from Egg - Adult Tea - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken nuggets with sweetcorn and jacket potatoes Ingredients:, Jacket Potatoes, Chicken Nuggets (Chicken, Wheat Flour, Olive Oil, Potato Starch, Yeast), Sweetcorn G	Oriental chicken with wrap and fresh raw veggies Ingredients:, Wrap (Contains Wheat, Gluten), Chicken Breast, Lettuce, Cucumber, Sweetcorn, Paprika, Garlic, Parsley, Basil, Turmeric	Lentil veggie pasta with red pesto Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Tomatoes, Lentils, Carrots, Sweetcorn, Onion, Spinach, Celery, Single Cream (Contains Milk), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley	Spinach and cheese fingers with carrots and potatoes Ingredients:, Potatoes, Spinach And Cheese Fingers (Wheat Flour, Vegetable Oil, Spinach, White Cheese (Milk), Onion, Corn Starch, Salt, Sugar, Red Pepper), Carrots, Olive Oil, Garlic, Parsley G D	Rosemary chicken with mixed veggies and garlic bread Ingredients:, Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika
Dessert	Fruit yoghurt Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed	Apple and apricot flapjacks Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar G	Apple crumble Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Breadcrumbs (Contains: Gluten), Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon	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	Fresh fruit Ingredients:, Fresh Fruit

Allergens Key

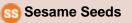








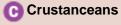














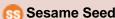
Peanuts















Allergens Key





