

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

Monday Tuesday Wednesday **Thursday Friday** Spinach and cheese fingers Gluten free Cauliflower and Main Veggie nuggets with Oriental chickpea with wrap Lentil veggie pasta with red Broccoli Tots with garlic sweetcorn and jacket and fresh raw veggies pesto with carrots and potatoes potatoes bread and mixed veggies Ingredients:, Wrap Ingredients:, Pasta (Durum Potatoes, Spinach And (Contains Wheat, Gluten), Wheat Semolina - Contains Cheese Fingers (Wheat Ingredients:, Jacket Ingredients:, Garlic Bread Chick Peas, Lettuce, Gluten), Tomatoes, Lentils, Flour, Vegetable Oil, Potatoes, Vegetarian Wheat Flour, Margarine, Cucumber, Sweetcorn, Carrots, Sweetcorn, Onion, Spinach, White Cheese Nuggets (Carrot, Garlic, Salt, Parsley, Yeast, Paprika, Garlic, Parsley, Basil, Spinach, Celery, Single (Milk), Onion, Corn Starch, Sweetcorn, Green Beans, Mixed Vegetables Carrots, Turmeric Cream (Contains Milk), Salt, Sugar, Red Pepper). Green Beans, Broad Beans, Cauliflower, Potato, Wheat Gluten Free Low Salt Flour, yeast, Salt, Sunflower Carrots, Garlic, Parsley Garden Peas, Sweetcorn. Oil, White Pepper, Sugar, Vegetable Stock (Cornflour, Gluten Free Cauliflower And 0 Potato Starch, Onion, Carrot, Onion, Parsley, Paprika, Broccoli Tots (Broccoli, **G** (D) Peas, Tomato Powder, Black Turmeric), Sweetcorn Cauliflower, Potatoes, Pepper, Parsley, Turmeric, Vegetable Oils, Corn Starch, Salt), Garlic, Parsley Potato Flakes, Pea Flour, 0 Onion, Tomato, Garlic, Salt), Garlic, Paprika, Ground Black Pepper, Rosemary 0

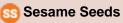
Allergens Key













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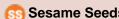














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Dessert

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



Apple crumble

Ingredients:, Wheat Flour (Contains Gluten), **Breadcrumbs (Contains:** Gluten), Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon



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



Fresh fruit

Ingredients:, Fresh Fruit

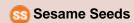
Allergens Key



G Gluten

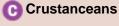








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Fish



