

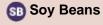
## **GB FB159 - Free From Gluten & Dairy** & Soya & Egg - Adult Lunch -

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Roasted Chicken strips, fresh raw vegetables, herby coconut dip with a gluten free wrap.  Ingredients:, Gluten Free Wrap (Corn, Water, Salt), Chicken Breast, Cucumber, Carrots, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Garlic, Parsley, Black Pepper, Dill	Beef Chow Mein with peas and gluten free pasta  Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Carrots, Garden Peas, Sweetcorn, Tomatoes, Onion, Olive Oil, Plum Sauce, Beef Mince, Black Pepper, Garlic	Ingredients:, Basmati Rice, Tomatoes, Onion, Spinach, Chicken Breast, Olive Oil, Ginger, Garam Masala, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Curry Powder (Contains Mustard), Turmeric	Chicken Pot Pie  Ingredients:, Potatoes, Grated Carrots, Sweetcorn, Onion, Celery, Beans, Chicken Breast, Lentils, Tomato Paste, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Cumin, Black Pepper  ©	Tuna pasta bake with sweetcorn  Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Tomato Paste, Carrots, Tuna Chunks (Contains Fish), Sweetcorn, Onion, Olive Oil, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning
Dessert	Fresh fruit Ingredients:, Fresh Fruit	Gluten & soya free Vegan cake  Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Fresh banana Ingredients:, Banana	Fruit compote  Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Gluten & soya free Vegan cake  Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

## **Allergens Key**

































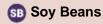




## GB FB159 - Free From Gluten & Dairy & Soya & Egg - Adult Lunch - Standard - Week 1

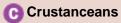














**G** Gluten





