

Free From Gluten & Dairy & Soya & Egg - Adult Lunch - Standard - Week

Tuesday Wednesday **Thursday Friday** Monday Tuna pasta bake with Chicken tikka masala Main Italian lentil ragu served Roast chicken bites with a Creamy beef stew with with basmati rice broccoli and pea pesto sweetcorn served with basmati rice mixed peppers and served with gluten free mushroom, served with Basmati Rice, Carrots, pasta Ingredients:, Gluten Free Ingredients:, Basmati Rice, roasted potatoes Chopped Tomatoes, Garlic, Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Carrots, Gluten Free Low Salt Chopped Tomatoes, Tomato Chicken Breast, Onion. Broccoli, Chicken Breast, Balsamic Vinegar (Red Vegetable Stock (Cornflour, Paste, Carrots, Tuna Chunks Coconut Milk (Coconut Garden Peas, Garlic, Gluten Wine Vinegar, Grape Must, Potato Starch, Onion, Carrot, (Contains Fish), Sweetcorn, Extract, Guar Gum, Xanthan Caramel, Sulphite), Carrots, Free Pasta (Cornflour, Rice Peas, Tomato Powder, Black Onion, Sunflower Oil, Gum), Sunflower Oil, Korma Flour), Ground Black Pepper, Coconut Milk (Coconut Pepper, Parsley, Turmeric, Curry Paste, Tomato Purée, **Balsamic Vinegar (Red** Onion, Parsley, Salt, Extract, Guar Gum, Xanthan Salt), Green Peppers, Ground Wine Vinegar, Grape Must, Coconut, Rapeseed Oil, Sunflower Oil Gum), Diced Beef, Garlic. Black Pepper, Olive Oil, Caramel, Sulphite), Gluten Cumin, Coriander, Garlic, Gluten Free Low Salt Onion, Oregano, Red Lentils, Free Low Salt Vegetable Ginger, Turmeric, Xanthan Vegetable Stock (Cornflour, Red Peppers, Thyme, Tomato Stock (Cornflour, Potato Gum, Cardamom, Mango Potato Starch, Onion, Carrot, Puree, Yellow Peppers Starch, Onion, Carrot, Peas, Chutney, Mango, Sugar, Peas, Tomato Powder, Black Vinegar, Salt, Chilli Powder, Tomato Powder, Black Pepper, Parsley, Turmeric, Pepper, Parsley, Turmeric, Ginger Powder, Garlic Salt), Mixed Peppers, Onion, Powder, Turmeric Powder, Salt), Garlic, Italian Seasoning Paprika, Potatoes, Sunflower Gluten Free Low Salt Oil. Tomato Puree Vegetable Stock (Cornflour, **(3)** € Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger

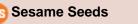
Allergens Key



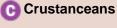














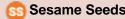














The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

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Ingredients:, Fresh Fruit

Dessert

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 fruit

cake

Fresh fruit

Cinnamon and vanilla forest fruit compote

Ingredients:, Fresh Fruit

Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

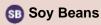
Gluten & soya free Vegan

Ingredients:, Apple, Peach, Pear, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

Allergens Key













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