

Free From Dairy & Egg - Child Tea -Standard - Week 1

Monday Tuesday Wednesday **Thursday Friday** Cod fish cakes with Slow cooked beef stew with Main Vegetarian goulash with Moroccan chicken tagine Chicken pasta bake in a seasonal mixed vegetables smoked paprika served with apricots and mushrooms served with rich tomato sauce with with basmati rice served with baby jacket courgettes served with crunchy diced potatoes sweetcorn potatoes herby couscous Butter Beans, Carrots, Garlic, Chopped Tomatoes, Diced Ingredients:, Pasta (Durum Beef, Gluten Free Low Salt Gluten Free Low Salt Wheat Semolina - Contains Baby Jacket Potatoes, Broad Apricot Sulphur Dioxide, Vegetable Stock (Cornflour, Vegetable Stock (Cornflour, Gluten), Chopped Tomatoes, Chick Peas, Chicken Breast, Beans, Cod Fillet Fish Potato Starch, Onion, Carrot, Potato Starch, Onion, Carrot, Carrots, Sweetcorn, Chicken Chopped Tomatoes, Cakes (Whitefish, Wheat Peas, Tomato Powder, Black Breast, Onion, Sunflower Oil, Peas, Tomato Powder, Black Flour, Dried Potato, Cinnamon, Courgettes, Cous Pepper, Parsley, Turmeric, Pepper, Parsley, Turmeric, Gluten Free Low Salt Vegetable Oil, Salt, Onion Cous (Durum Wheat Salt), Olive Oil, Onion, Red Salt), Mushrooms, Onion, Vegetable Stock (Cornflour, Powder, Yeast, Parsley, Semolina - Contains Peppers, Smoked Paprika, Parsnips, Potatoes, Raw Potato Starch, Onion, Carrot, Sugar, Turmeric, Black Gluten), Cumin, Diced Thyme, Tomato Puree Pepper, Paprika, Parsley), Veggies, Swedes, Turnips Peas, Tomato Powder, Black Carrots, Garlic Puree, Gluten Pepper, Parsley, Turmeric, Sweetcorn Free Low Salt Vegetable Salt), Balsamic Vinegar (Red Stock (Cornflour, Potato (C) Wine Vinegar, Grape Must, Starch, Onion, Carrot, Peas, G 🖪 Tomato Powder, Black Caramel, Sulphite), Basil, Garlic Pepper, Parsley, Turmeric, Salt), Green Peppers, Mixed Herbs - Dried, Mixed Peppers, G sd Onion, Red Peppers, Turmeric, Yellow Peppers **G S**

Allergens Key

































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Dessert

Peach flapjacks

Apple, Pinch Of Brown Sugar, Butter (Contains: Milk), Golden Syrup, Peach, **Porridge Oats (Contains Oat** & Gluten), Pinch Of Sugar



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



Fruit compote

Ingredients:, Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar

Fruity granola bar

Apple, Apricot Sulphur Dioxide, Blackberries, Blackcurrants, Dairy Free Margarine, Oat Flakes (Contains Oat & Gluten), Pinch Of Brown Sugar, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring, Wheat Flour (Contains Gluten)

Fresh fruit

Ingredients:, Seasonal Fresh Fruit Pieces

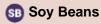
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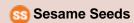
Allergens Key













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