

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

Monday Tuesday Wednesday **Thursday Friday** Tuna pasta bake with Beef Chow Mein with peas Balti chicken with rice Chicken Pot Pie Main Creamy root vegetable gratin with bulgar wheat and noodles sweetcorn Ingredients:, Basmati Rice, Ingredients:, Potatoes, Tomatoes, Onion, Spinach, Grated Carrots, Sweetcorn, Ingredients:, Bulgar Wheat, Ingredients:, Egg Free Ingredients:, Egg Free Chicken Breast, Sunflower Onion, Celery, Beans, Fusilli (Durum Wheat Potato, Onion, Carrots, Noodles (Wheat Flour (With Oil, Ginger, Garam Masala, Chicken Breast, Lentils, Swedes, Celery, Turnips, Calcium Carbonate, Iron, Semolina - Contains Korma Curry Paste, Tomato Tomato Paste, Sunflower Oil, Lentils, Sunflower Oil, Niacin, Thiamin), Salt, Gluten), Chopped Tomatoes, Purée, Coconut, Rapeseed Gluten Free Low Salt Mushrooms, Coconut Milk Paprika - Contains Gluten), Tomato Paste, Carrots, Tuna Oil, Cumin, Coriander, Garlic, Vegetable Stock (Cornflour, (Coconut Extract, Guar Gum, Carrots, Garden Peas, Chunks (Contains Fish), Xanthan Gum), Vinegar, Sweetcorn, Tomatoes, Onion, Ginger, Turmeric, Xanthan Potato Starch, Onion, Carrot, Sweetcorn, Onion, Sunflower Gum, Cardamom, Curry Peas, Tomato Powder, Black Gluten Free Low Salt Sunflower Oil, Plum Sauce, Oil, Balsamic Vinegar (Red Powder (Contains Mustard), Pepper, Parsley, Turmeric, Vegetable Stock (Cornflour, Beef Mince, Soya Sauce Wine Vinegar, Grape Must, Salt), Garlic, Cumin, Black Potato Starch, Onion, Carrot, (Soybeans, Salt, Spirit Turmeric Caramel, Sulphite). Gluten Pepper Peas, Tomato Powder, Black Vinegar - Contains Soya), Free Low Salt Vegetable Pepper, Parsley, Turmeric, Black Pepper, Garlic Stock (Cornflour, Potato Salt), Gluten Free Flour, Bay Starch, Onion, Carrot, Peas, (C) Leaves, Garlic, Parsley, Tomato Powder, Black G SB Mixed Herbs - Dried, Turmeric Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning **G** (C) G 🕝 வ

Allergens Key

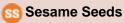




🕞 Fish























G Gluten











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

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Dessert

Fresh fruit

Vegan, soya free cake

Fresh banana

Chocolate and cinnamon flapjacks

Vegan, soya free cake

Ingredients:, Fresh Fruit

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

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Ingredients:, Banana

Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar, Cocoa Powder, Cinnamon

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





Allergens Key

Eggs

SB Soy Beans

Mustard

n Lupin

Crustanceans

Sulphur **Dioxide**

Peanuts



G Gluten



Fish



