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

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

Allergens Key

D Dairy
E Eggs
SB Soy Beans
M Mustard
L Lupin
C Crustanceans
P Peanuts
G Gluten
F Fish
N Nuts
SS Sesame Seeds
M Mollusc
C Celery
SD Sulphur Dioxide

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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

G

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

G

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)

G SD

Fresh fruit

Ingredients:, Seasonal Fresh Fruit Pieces

Allergens Key

D Dairy
E Eggs
SB Soy Beans
M Mustard
L Lupin
C Crustanceans
P Peanuts
G Gluten
F Fish
N Nuts
SS Sesame Seeds
M Mollusc
C Celery
SD Sulphur Dioxide