

Free From Dairy & Egg - Adult Lunch - Vegetarian - Week 1

Monday Tuesday Wednesday **Thursday Friday** Green lentils with broccoli Tikka masala with beans Creamy vegetable stew Main Italian lentil ragu served Vegan pasta bake with with basmati rice and pea pesto served with sweetcorn and chickpeas served with basmati rice with butter beans, mixed ega free noodles peppers and mushroom Basmati Rice, Carrots, Ingredients:, Egg Free Ingredients:, Basmati Rice, served with roasted Chopped Tomatoes, Garlic, Fusilli (Durum Wheat Chopped Tomatoes, Carrots, Broccoli, Egg Free Noodles potatoes Gluten Free Low Salt Semolina - Contains Beans, Onion, Coconut Milk (Wheat Flour (With Calcium Vegetable Stock (Cornflour, Gluten), Chopped Tomatoes, (Coconut Extract, Guar Gum, Carbonate, Iron, Niacin, Balsamic Vinegar (Red Potato Starch, Onion, Carrot, Thiamin), Salt, Paprika -Tomato Paste, Carrots, Chick Xanthan Gum), Sunflower Oil, Wine Vinegar, Grape Must, Peas, Tomato Powder, Black Peas, Sweetcorn, Onion, Korma Curry Paste, Tomato Contains Gluten), Garlic, Caramel, Sulphite), Butter Pepper, Parsley, Turmeric, Sunflower Oil, Balsamic Purée, Coconut, Rapeseed Green Lentils, Ground Black Beans, Carrots, Coconut Milk Salt), Green Peppers, Ground Vinegar (Red Wine Vinegar, Oil, Cumin, Coriander, Garlic, Pepper, Onion, Parsley, Salt, (Coconut Extract, Guar Gum, Black Pepper, Olive Oil, Grape Must, Caramel, Ginger, Turmeric, Xanthan Sunflower Oil, Turmeric Xanthan Gum), Garlic, Gluten Onion, Oregano, Red Lentils, Sulphite), Gluten Free Low Gum, Cardamom, Mango Free Low Salt Vegetable Red Peppers, Thyme, Tomato Salt Vegetable Stock Chutney, Mango, Sugar, 0 Stock (Cornflour, Potato Puree, Yellow Peppers (Cornflour, Potato Starch, Vinegar, Salt, Chilli Powder, Starch, Onion, Carrot, Peas, Onion, Carrot, Peas, Tomato Ginger Powder, Garlic Tomato Powder, Black Powder, Black Pepper, Powder, Turmeric Powder, Pepper, Parsley, Turmeric, Gluten Free Low Salt Parsley, Turmeric, Salt), Salt), Mixed Peppers, Onion, Vegetable Stock (Cornflour, Garlic, Italian Seasoning Paprika, Potatoes, Sunflower Potato Starch, Onion, Carrot, Oil, Tomato Puree Peas, Tomato Powder, Black **G 9** Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger

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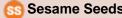












The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

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Dessert

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

Apple and raisin flapjacks

Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Porridge Oats (Contains Oat & Gluten)

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Fresh fruit

Ingredients:, Seasonal Fresh Fruit Pieces

Cinnamon and vanilla forest fruit compote

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

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Allergens Key



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