

Free From Dairy & Egg - Child Lunch - Vegetarian - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Lentil and chickpea dhal with herby couscous	Vegetarian chilli con carne with kidney beans served with basmati rice	Butter beans and leeks with carrots in a creamy sauce served with potatoes	Vegetable chowder with cannellini beans served with yellow rice DF	Vegetable chow main served with egg free noodles
	(Durum Wheat Semolina - Contains Gluten), Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Coriander, Cumin, Curry Powder (Contains Mustard), Ginger, Ground Black Pepper, Paprika	Basmati Rice, Baked Beans In Tomato Sauce, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Smoked Paprika, Sunflower Oil, Sweetcorn	Butter Beans, Carrots, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Garlic, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Lemon Juice, Onion, Potatoes, Salt, Smoked Paprika, Sunflower Oil, Tumeric	Basmati Rice, Cannellini Beans, Carrots, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Dill, Garden Peas, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Lemon Juice, Onion, Parsley, Potatoes, Salt, Sunflower Oil, Sweetcorn, Turmeric	Carrots, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Ginger, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Beans, Mixed Peppers, Mushrooms, Olive Oil, Onion, Red Lentils
Dessert	Date and apple flapjacks	Fruit compote	Vegan, soya free cake	Fresh fruit	Vegan, soya free cake
	Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Date, Golden Syrup, Porridge Oats (Contains Oat & Gluten)	Ingredients:, Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar	Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	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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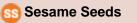
Allergens Key





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