

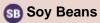
## GB FB159 - Free From Dairy & Egg -Adult Tea - Standard - Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Rosemary chicken with carrot and cucumber and baby potatoes  Ingredients:, Potatoes, Chicken Breast, Cucumber, Carrots, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary	Lentil pasta salad with mixed veggies  Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Cumin, Coriander, Basil	Chicken nuggets with grated carrots and garlic bread  Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Chicken Nuggets (Contains: Gluten), Chicken, Wheat Flour, Sunflower Oil, Potato Starch, Yeast, Grated Carrots  G	Paprika chickpea couscous salad  Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Chick Peas, Cucumber, Lettuce, Sweetcorn, Carrots, Tumeric, Basil, Parsley, Ground Black Pepper, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt)  G	Fish fingers with baked beans and potatoes  Ingredients:, Potatoes, Baked Beans In Tomato Sauce, Cod Fillet Fish Fingers (Whitefish, Wheat Flour, Vegetable Oil, Yeast, Salt, Paprika, Curcumin, Turmeric)  G F
Fresh fruit	Vegan, soya free cake	Apple and lemon crumble	Fresh fruit	Peach flapjacks
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	Ingredients:, Wheat Flour (Contains Gluten), Breadcrumbs (Contains: Gluten), Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Ingredients:, Fresh Fruit	Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, Porridge Oats (Contains Oat & Gluten), Pinch Of Sugar
	Rosemary chicken with carrot and cucumber and baby potatoes  Ingredients:, Potatoes, Chicken Breast, Cucumber, Carrots, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary	Rosemary chicken with carrot and cucumber and baby potatoes  Ingredients:, Potatoes, Chicken Breast, Cucumber, Carrots, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary  Parsley, Rosemary  Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Cumin, Coriander, Basil  G  Fresh fruit  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	Rosemary chicken with carrot and cucumber and baby potatoes  Ingredients:, Potatoes, Chicken Breast, Cucumber, Carrots, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary  Parsley, Rosemary  Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Cumin, Coriander, Basil  G  Fresh fruit  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  Chicken nuggets with grated carrots and garlic bread  Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Chicken Nuggets (Contains: Gluten, Margarine, Garlic, Salt, Parsley, Yeast, Chicken Nuggets (Contains: Gluten, Yeast, Grated Carrots  G  Fresh fruit  Vegan, soya free cake  Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Rosemary chicken with carrot and cucumber and baby potatoes Ingredients:, Potatoes, Chicken Breast, Cucumber, Carrots, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary  Arsley, Rosemary  Rosemary  Lentil pasta salad with mixed veggies  Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Turmeric, Salty, Garlic, Ground Black Pepper, Parsley, Cumin, Coriander, Basil  G  Fresh fruit  Vegan, soya free cake  Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Kibcken, Wheat Flour, Chicken Nuggets (Contains: Gluten), Chicken, Wheat Flour, Sunflower Oil, Potato Starch, Yeast, Grated Carrots  G  G  Fresh fruit  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  Chicken nuggets with grated carrots and garlic bread  Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Chicken Nuggets (Contains: Gluten), Chicken, Wheat Flour, Chicken, Wheat Flour, Suffice Nuggets (Contains: Gluten), Carrots, Fresh Fruit  Corniour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt)  Fresh fruit  Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

## **Allergens Key**







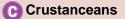






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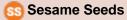














## Allergens Key











Lupin

