yumyum food company London

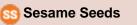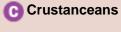|	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken nuggets with sweetcorn and jacket potatoes **Ingredients:**, Jacket Potatoes, **Chicken Nuggets (Chicken, Wheat Flour, Olive Oil, Potato Starch, Yeast)**, Sweetcorn (G)	Oriental chicken with wrap and fresh raw veggies **Ingredients:**, **Wrap (Contains Wheat, Gluten)**, Chicken Breast, Lettuce, Cucumber, Sweetcorn, Paprika, Garlic, Parsley, Basil, Turmeric (G)	Lentil veggie pasta with red pesto **Ingredients:**, **Pasta (Durum Wheat Semolina - Contains Gluten)**, Tomatoes, Lentils, Carrots, Onion, Spinach, **Celery**, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley (G) (C)	Gluten free Cauliflower and Broccoli Tots with carrots and potatoes **Ingredients:**, Potatoes, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Carrots, Olive Oil	Rosemary chicken with mixed veggies and garlic bread **Ingredients:**, **Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast)**, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika (G)
Dessert	Fresh fruit **Ingredients:**, Fresh Fruit	Apple and apricot flapjacks **Ingredients:**, **Porridge Oats (Contains Oat & Gluten)**, Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar (G)	Apple crumble **Ingredients:**, **Wheat Flour (With Calcium, Iron, Niacin, Thiamin)**, **Breadcrumbs (Contains: Gluten)**, Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon (G)	Vegan, soya free cake **Ingredients:**, **Wheat Flour (With Calcium, Iron, Niacin, Thiamin)**, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon (G)	Fresh fruit **Ingredients:**, Fresh Fruit

Allergens Key

(D) **Dairy**	(E) **Eggs**	(SB) **Soy Beans**
(G) **Gluten**	(F) **Fish**	(N) **Nuts**

(M) **Mustard**   (SS) **Sesame Seeds**

(L) **Lupin**   (M) **Mollusc**

(C) **Crustanceans**   (C) **Celery**

(P) **Peanuts**   (SD) **Sulphur Dioxide**

Allergens Key

D Dairy	E Eggs	SB Soy Beans	M Mustard
G Gluten	F Fish	N Nuts	SS Sesame Seeds

L Lupin	C Crustanceans	P Peanuts
M Mollusc	C Celery	SD Sulphur Dioxide