

Free From Dairy & Egg - Child Lunch - Vegetarian - Week 3

Monday Tuesday Wednesday **Thursday Friday** Cannellini beans in a Main Fruity vegetable curry with Hungarian bean goulash Vegetarian sweet and sour Vegetarian bolognaise with chick peas served with mango sauce with carrots with parsnips Served with with red lentils, peppers garden peas served with basmati rice served with basmati rice and sweetcorn served with roasted potatoes penne pasta couscous Basmati Rice, Carrots, Chick Butter Beans, Carrots, Apricot Sulphur Dioxide, Black Pepper, Carrots, Peas, Coconut Milk (Coconut Basmati Rice, Carrots, Chopped Tomatoes, Garlic, Chopped Tomatoes, Eqq Cannellini Beans, Carrots, Extract, Guar Gum, Xanthan Gluten Free Low Salt Chopped Tomatoes, Curry Free Penne (Durum Wheat Cous Cous (Durum Wheat Gum), Garden Peas, Garlic, Vegetable Stock (Cornflour, Powder (Contains Mustard). Semolina - Contains Semolina - Contains Potato Starch, Onion, Carrot, Gluten Free Low Salt Garam Masala, Garden Peas, Gluten), Garlic, Ginger, Gluten), Garden Peas, Garlic, Vegetable Stock (Cornflour, Peas, Tomato Powder, Black Garlic, Gluten Free Low Salt Gluten Free Low Salt Lemon Juice, Mango Potato Starch, Onion, Carrot, Pepper, Parsley, Turmeric, Vegetable Stock (Cornflour, Vegetable Stock (Cornflour, Chutney, Mango, Sugar, Peas, Tomato Powder, Black Salt), Mixed Peppers, Onion, Potato Starch, Onion, Carrot, Potato Starch, Onion, Carrot, Vinegar, Salt, Chilli Powder, Pepper, Parsley, Turmeric, Ginger Powder, Garlic Paprika, Parsnips, Potatoes, Peas, Tomato Powder, Black Peas, Tomato Powder, Black Salt), Ground Black Pepper, Salt, Smoked Paprika, Pinch Pepper, Parsley, Turmeric, Pepper, Parsley, Turmeric, Powder, Turmeric Powder, Korma Curry Paste, Tomato Of Sugar, Sunflower Oil, Salt), Mango Chutney, Salt), Green Lentils, Leeks, Mixed Peppers, Salt, Purée, Coconut, Rapeseed Sunflower Oil, Sweetcorn. Thyme, Tomato Puree Mango, Sugar, Vinegar, Salt, Mixed Peppers, Onion, Oil, Cumin, Coriander, Garlic, Chilli Powder, Ginger Powder, Oregano, Sunflower Oil, Vinegar Garlic Powder, Turmeric Ginger, Turmeric, Xanthan Tomato Puree Powder, Onion, Red Lentils, Gum, Cardamom, Mango 0 Chutney, Mango, Sugar, Sunflower Oil, Vinegar G Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic ጪ Powder, Turmeric Powder, Onion, Salt, Sunflower Oil, Sweetcorn, Tomato Puree

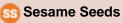
Allergens Key







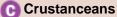






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Created by The Yum Yum Food Company London

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Dessert

Oat and raisin slice

Gluten), Raisins

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Pinch Of Brown Sugar, Dairy Free Margarine, Honey, Oat Flakes (Contains Oat &

Fruit compote

Ingredients:, Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar

Fresh oranges

Ingredients:, Oranges

Cranberry flapjacks with rice crispies

Apple, Pinch Of Brown Sugar, Cranberry, Dairy Free Margarine, Golden Syrup, **Porridge Oats (Contains Oat** & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt - Contains Barley)

Vegan, soya free cake

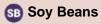
Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



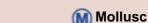
Allergens Key











Lupin















