

GB FB159 - Free From Dairy & Egg -Adult Lunch - Standard - Week 3

Monday Tuesday Wednesday **Thursday Friday** Lentil and chickpea dhal Roast chicken in Creamy Italian Chicken Pastina Yum Yum Fish pie Main Beef chilli con carne with with herby couscous kidney beans served with sauce with Italian potatoes basmati rice Ingredients:, Pasta (Durum Ingredients:, Potatoes, Wheat Semolina - Contains Garden Peas, Sweetcorn, Ingredients:, Cous Cous Ingredients:, Potatoes, Gluten), Onion, Carrots, Carrots, Fish Mix (Pollack (Durum Wheat Semolina -Macedoine (Carrot, Swede, Basmati Rice, Baked Beans Fish, Salmon), Onion, Olive Contains Gluten), Carrots, Turnip, Peas, Beans), Celery, Wholemeal Bread In Tomato Sauce, Beef Mince, (Wholemeal Wheat Flour, Oil. Gluten Free Flour, Lemon Potato, Chick Peas, Tomato Chopped Tomatoes, Carrots, Chopped Tomatoes, Fajita Paste, Onion, Lentils, Chicken Breast, Gluten Free Water, Salt, Yeast, Juice, Dill. Garlic, Ground Seasoning, Garlic, Gluten Flour, Olive Oil, Onion, Vegetable Oil), Chicken Black Pepper Coconut Milk (Coconut Free Low Salt Vegetable Extract, Guar Gum, Xanthan Parsley, Basil, Garlic Breast, Olive Oil, Gluten Free Stock (Cornflour, Potato Low Salt Vegetable Stock Gum), Olive Oil, Coriander, Starch, Onion, Carrot, Peas, a Cumin, Curry Powder (Cornflour, Potato Starch, Tomato Powder, Black Onion, Carrot, Peas, Tomato (Contains Mustard), Ginger, Pepper, Parsley, Turmeric, Ground Black Pepper, Powder, Black Pepper, Salt), Ground Black Pepper, Parsley, Turmeric, Salt), Paprika Kidney Beans, Mixed Herbs -Garlic, Parsley, Turmeric, Dried, Mixed Peppers, Onion, Black Pepper Smoked Paprika, Olive Oil, G M Sweetcorn **G** (C)

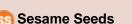
Allergens Key



















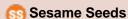
















Created by The Yum Yum Food Company London

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Dessert

Lemon and apple flapjacks with raisins

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



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



Fresh oranges

Ingredients:, Oranges

Fruit compote

Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon 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



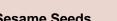
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