

GB FB159 - Free From Dairy & Egg -**Adult Tea - Vegetarian - Week 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Veggie nuggets with sweetcorn and jacket potatoes Ingredients:, Jacket Potatoes, Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Sunflower Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric), Sweetcorn G	Oriental chickpea with wrap and fresh raw veggies Ingredients:, Wrap (Contains Wheat, Gluten), Chick Peas, Lettuce, Cucumber, Sweetcorn, Paprika, Garlic, Parsley, Basil, Turmeric G	Lentil veggie pasta with red pesto DF 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 ©	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	Veggie sausage 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, Vegan Sausages (Carrot, Green Pepper, Peas, Potato, Onion, Sweetcorn, Rice, Sunflower Oil, Wheat Flour, Beans, Gram Flour, Salt, Yeast, Sage, Parsley, Sugar, White Pepper, Garlic), Parsley, Basil, Rosemary, Garlic, Paprika

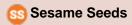
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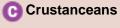








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Created by The Yum Yum Food Company London

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Dessert

Fresh fruit

Apple and apricot flapjacks

Apple crumble

Vegan, soya free cake

Fresh fruit

Ingredients:, Fresh Fruit

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

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(Contains Gluten), **Breadcrumbs (Contains:** Gluten), Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon

Ingredients:, Wheat Flour

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

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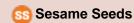
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Fish









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