

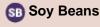
## GB FB159 - Standard Child Lunch -Week 1

## **Monday Tuesday** Wednesday **Thursday Friday** Creamy root vegetable Beef Chow Mein with peas Balti chicken with rice Chicken Pot Pie Tuna pasta bake with Main gratin with bulgar wheat and noodles sweetcorn Ingredients:, Basmati Rice, Ingredients:, Potatoes, Tomatoes, Onion, Spinach, Grated Carrots, Sweetcorn, Ingredients:, Bulgar Wheat, Ingredients:, Egg Free Ingredients:, Egg Free Chicken Breast, Olive Oil. Onion, Celery, Beans, Noodles (Wheat Flour (With Fusilli (Durum Wheat Potato, Onion, Carrots, Ginger, Garam Masala, Chicken Breast, Lentils, Swedes, Celery, Turnips, Calcium Carbonate, Iron, Semolina - Contains Korma Curry Paste, Tomato Tomato Paste, Olive Oil. Lentils, Olive Oil, Mushrooms, Niacin, Thiamin), Salt, Gluten), Chopped Tomatoes, Purée, Coconut, Rapeseed Gluten Free Low Salt Tomato Paste, Carrots, Tuna Coconut Milk (Coconut Paprika - Contains Gluten), Oil, Cumin, Coriander, Garlic, Vegetable Stock (Cornflour, Extract, Guar Gum, Xanthan Carrots, Garden Peas, Chunks (Contains Fish), Gum), Vinegar, Gluten Free Sweetcorn, Tomatoes, Onion, Ginger, Turmeric, Xanthan Potato Starch, Onion, Carrot, Sweetcorn, Onion, Grated Gum, Cardamom, Curry Peas, Tomato Powder, Black Low Salt Vegetable Stock Olive Oil, Plum Sauce, Beef Cheddar Cheese (Contains Powder (Contains Mustard), Pepper, Parsley, Turmeric, (Cornflour, Potato Starch, Mince, Soya Sauce Milk), Olive Oil, Balsamic Salt), Garlic, Cumin, Black Onion, Carrot, Peas, Tomato (Soybeans, Salt, Spirit Turmeric Vinegar (Red Wine Vinegar, Pepper Powder, Black Pepper, Vinegar - Contains Soya), Grape Must, Caramel, Black Pepper, Garlic Parsley, Turmeric, Salt), Sulphite), Gluten Free Low Gluten Free Flour, Bay Salt Vegetable Stock (C) Leaves, Garlic, Parsley, (Cornflour, Potato Starch, G SB Mixed Herbs - Dried, Turmeric Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), **G** (C) Garlic, Italian Seasoning G 🔁 (D) 🚯

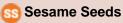
## **Allergens Key**





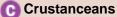






























## GB FB159 - Standard Child Lunch -Week 1

Dessert

Cherry yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Cherry, Pinch Of Sugar



Apple and Peach cake

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Apple, Peach, Egg, Milk, Pinch Of Brown Sugar, Gluten Free Baking Powder







Apple and lemon compote

Ingredients:, Apple, Lemon, Vanilla, Cinnamon

Chocolate and cinnamon flapjacks

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



Forest fruit cake

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Butter (Contains: Milk), Milk, Egg, Pinch Of Brown Sugar, Gluten Free Baking Powder









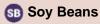
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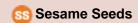
**G** Gluten



🕞 Fish









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