YUNYUM food company London

The Yum Yum Food Company London Created by The Yum Yum Food Company London

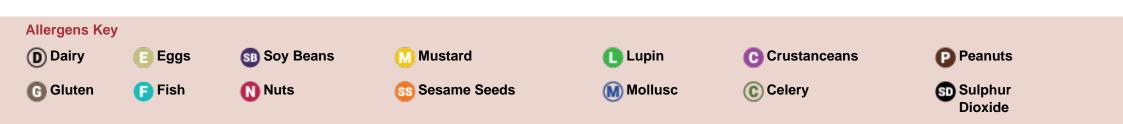
GB FB159 - Vegetarian Child Lunch -Week 1

1/2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Roasted Chickpea, mixed veggies, herby yoghurt dip with a tortilla wrap. Ingredients:, Wrap (Contains Wheat, Gluten), Chick Peas, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Natural Yoghurt (Contains Milk), Garlic, Parsley, Black Pepper, Dill	Veggie Chow Mein with lentils, peas and noodles Ingredients:, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Carrots, Garden Peas, Sweetcorn, Tomatoes, Onion, Olive Oil, Plum Sauce, Lentils, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Black Pepper, Garlic	Balti beans with rice Ingredients:, Basmati Rice, Tomatoes, Onion, Spinach, Beans, Olive Oil, Ginger, Garam Masala, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Curry Powder (Contains Mustard), Turmeric	Veggie Pot Pie Ingredients:, Potatoes, Grated Carrots, Sweetcorn, Onion, Celery, Beans, Lentils, Tomato Paste, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Cumin, Black Pepper	Lentil pasta bake with sweetcorn Ingredients:, Egg Free Fusilli (Durum Wheat Semolina - Contains Gluten), Chopped Tomatoes, Tomato Paste, Carrots, Lentils, Sweetcorn, Onion, Grated Cheddar Cheese (Contains Milk), Olive Oil, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas,
		G SB			Tomato Powder Black

Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning





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Dessert	Cherry yoghurt Ingredients:, Natural Yoghurt (Contains Milk), Cherry, Pinch Of Sugar	Apple and Peach Chocolate cake Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Apple, Peach, Egg, Milk, Pinch Of Brown Sugar, Cocoa Powder, 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	Blueberry Muffins Ingredients:, Whea (With Calcium, Iro Thiamin), Soya Flo Blueberry, Butter (Milk), Milk, Egg, Pi Brown Sugar, Glute Baking Powder	at Flour n, Niacin, our, Contains: nch Of
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