

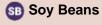
## **GB FB159 - Free From Gluten & Dairy** & Soya & Egg - Child Tea - Standard -

|         | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|---------|--|--|---|--|---|
| Main    | Gluten free fish fingers with sweetcorn and Jacket potatoes  Ingredients:, Jacket Potatoes, Gluten Free Fish Fingers (Contains Fish), Sweetcorn  | Chickpea and cauliflower rice salad GF  Ingredients:, Basmati Rice, Carrots, Cauliflower, Sweetcorn, Chick Peas, Olive Oil, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil | Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Mixed Peppers, Carrots, Sweetcorn, Onion, Chicken Breast, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper | Cumin chicken with potatoes and mixed veggies  Ingredients:, Potatoes, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Olive Oil, Garlic, Cumin, Coriander, Paprika, Ground Black Pepper, Dill, Parsley, Basil | Paprika chickpea and green beans with baby new potato salad  Ingredients:, Potatoes, Chick Peas, Green Beans, Olive Oil, Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin |
| Dessert | Gluten & soya free Vegan cake  Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon | Fruit compote  Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon  | Fruit compote  Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon   | Dairy Free Vanilla Rice<br>Pudding  Pudding Rice, Coconut Milk<br>(Coconut Extract, Guar Gum,<br>Xanthan Gum), Vanilla<br>Flavouring, Pinch Of Sugar   | Gluten & soya free Vegan cake  Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon        |

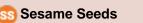
## **Allergens Key**













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