

GB FB159 - Free From Dairy & Soya & Egg - Child Lunch - Vegetarian - Week

Tuesday Wednesday **Thursday Friday** Monday Veggie Chow Mein with Balti beans with rice Veggie Pot Pie Main Roasted Chickpea, mixed Lentil pasta bake with veggies, herby coconut dip lentils, peas and noodles sweetcorn with a tortilla wrap. Ingredients:, Basmati Rice, Ingredients:, Potatoes, Tomatoes, Onion, Spinach, Grated Carrots, Sweetcorn, Ingredients:, Egg Free Ingredients:, Egg Free Beans, Olive Oil, Ginger, Onion, Celery, Beans, Lentils, Noodles (Wheat Flour (With Fusilli (Durum Wheat Ingredients:, Wrap Tomato Paste, Olive Oil, Calcium Carbonate, Iron, Garam Masala, Korma Curry Semolina - Contains (Contains Wheat, Gluten), Paste, Tomato Purée, Gluten Free Low Salt Niacin, Thiamin), Salt, Gluten), Chopped Tomatoes, Chick Peas, Mixed Coconut, Rapeseed Oil, Vegetable Stock (Cornflour, Paprika - Contains Gluten), Tomato Paste, Carrots, Vegetables Carrots, Green Cumin, Coriander, Garlic, Potato Starch, Onion, Carrot, Beans, Broad Beans, Garden Carrots, Garden Peas, Lentils, Sweetcorn, Onion, Sweetcorn, Tomatoes, Onion, Ginger, Turmeric, Xanthan Peas, Tomato Powder, Black Olive Oil, Balsamic Vinegar Peas. Sweetcorn. Coconut Gum, Cardamom, Curry Olive Oil, Plum Sauce, Lentils, Pepper, Parsley, Turmeric, (Red Wine Vinegar, Grape Milk (Coconut Extract, Guar Powder (Contains Mustard), Salt), Garlic, Cumin, Black Must, Caramel, Sulphite), Gum, Xanthan Gum), Garlic, Black Pepper, Garlic Turmeric Pepper Gluten Free Low Salt Parsley, Black Pepper, Dill Vegetable Stock (Cornflour, 0 (C) Potato Starch, Onion, Carrot, 0 Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning G ®

Allergens Key

















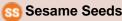














The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

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Dessert

Fruit compote

Vegan, soya free cake

Apple and lemon compote

Chocolate and cinnamon flapjacks

Vegan, soya free cake

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

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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Ingredients:, Apple, Lemon, Vanilla, Cinnamon

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

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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Allergens Key

(D) Dairy

Eggs

S Soy Beans

Mustard

Mollusc

🔼 Lupin

Crustanceans

C Celery









