

GB FB159 - Free From Dairy - Child Lunch - Standard - Week 1

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

Allergens Key





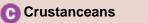














Peanuts

Dioxide



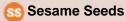




G Gluten













Created by The Yum Yum Food Company London

Dessert

Fruit compote

Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon Vegan, soya free cake

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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Apple and lemon compote

Ingredients:, Apple, Lemon, Vanilla, Cinnamon

Chocolate and cinnamon flapjacks

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



Vegan, soya free cake

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



Allergens Key













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