

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

Monday Tuesday Wednesday **Thursday Friday** Veggie Chow Mein with Balti beans with rice Veggie Pot Pie Lentil pasta bake with Main Roasted Chickpea, mixed 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 Soya Sauce (Soybeans, Must, Caramel, Sulphite), Gum, Xanthan Gum), Garlic, Salt, Spirit Vinegar -Turmeric Pepper Gluten Free Low Salt Parsley, Black Pepper, Dill Contains Soya), Black Vegetable Stock (Cornflour, Pepper, Garlic (C) Potato Starch, Onion, Carrot, 0 Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, G SB Salt), Garlic, Italian Seasoning G ®

Allergens Key



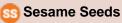
G Gluten



🕞 Fish

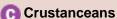












C Celery

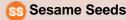
















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Dessert

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

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

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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

(D) Dairy

G Gluten

Eggs

S Soy Beans

Mustard

Sesame Seeds Mollusc

n Lupin

Crustanceans

C Celery













