

GB FB159 - Standard Adult Lunch -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 yoghurt 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, Fusilli (Durum Wheat Noodles (Wheat Flour (With 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, Grated Beans, Broad Beans, Garden Gum, Cardamom, Curry Peas, Tomato Powder, Black Olive Oil, Plum Sauce, Beef Cheddar Cheese (Contains Peas. Sweetcorn. Natural Powder (Contains Mustard), Pepper, Parsley, Turmeric, Mince, Soya Sauce Milk), Olive Oil, Balsamic Yoghurt (Contains Milk), Salt), Garlic, Cumin, Black (Soybeans, Salt, Spirit Turmeric Vinegar (Red Wine Vinegar, Garlic, Parsley, Black Pepper, Pepper Grape Must, Caramel, Vinegar - Contains Soya), Dill Black Pepper, Garlic Sulphite), Gluten Free Low Salt Vegetable Stock (C) **G D** (Cornflour, Potato Starch, G SB Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning G 🔁 (D) 🚯

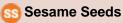
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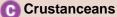






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The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

Dessert

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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

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



Baking Powder

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Blueberry, Butter (Contains: Milk), Milk, Egg, Pinch Of Brown Sugar, Gluten Free

2/2





Week 1

Blueberry Muffins





