

GB FB159 - Standard Adult Tea -Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Fish cakes with sweetcorn and Jacket potatoes Ingredients:, Jacket Potatoes, Cod Fillet Fish Cakes (Whitefish, Wheat Flour, Dried Potato, Vegetable Oil, Salt, Onion Powder, Yeast, Parsley, Sugar, Turmeric, Black Pepper, Paprika, Parsley), Sweetcorn G F	Chickpea and cauliflower couscous salad Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Cauliflower, Sweetcorn, Chick Peas, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil	Chicken pasta salad Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), 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 garlic bread and mixed veggies Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, 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	Chocolate and pineapple cake Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Pineapple, Butter (Contains: Milk), Vegetable Oil, Egg, Pinch Of Sugar, Cinnamon, Cocoa Powder G B B D	Fruit compote Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Lemon yoghurt Ingredients:, Natural Yoghurt (Contains Milk), Lemon, Pinch Of Sugar D	Vanilla Rice Pudding Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar	Apple and cherry cake Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Apple, Cherry, Butter (Contains: Milk), Egg, Pinch Of Sugar, Cinnamon G E SB D

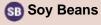
Allergens Key



G Gluten

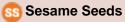


Fish

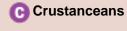












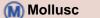












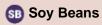




















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