

GB FB159 - Vegetarian Adult Lunch - Week 1

Monday Tuesday Wednesday **Thursday Friday** Roasted Chickpea, mixed Veggie Chow Mein with Balti beans with rice Veggie Pot Pie Lentil pasta bake with Main veggies, herby yoghurt 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, Fusilli (Durum Wheat Noodles (Wheat Flour (With 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 **Grated Cheddar Cheese** Peas, Sweetcorn, Natural Gum, Cardamom, Curry Olive Oil, Plum Sauce, Lentils, Pepper, Parsley, Turmeric, (Contains Milk), Olive Oil, Yoghurt (Contains Milk), Powder (Contains Mustard), Salt), Garlic, Cumin, Black Garlic, Parsley, Black Pepper, Soya Sauce (Soybeans, Balsamic Vinegar (Red Salt, Spirit Vinegar -Turmeric Pepper Wine Vinegar, Grape Must, Dill Contains Soya), Black Caramel, Sulphite), Gluten Pepper, Garlic (C) Free Low Salt Vegetable **G D** Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, G SB Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning **G D SD**

Allergens Key











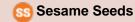


















Created by The Yum Yum Food Company

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Dessert

YUMYUM food company London

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

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





Baking Powder



Blueberry Muffins



Ingredients:, Wheat Flour

Thiamin), Soya Flour,

(With Calcium, Iron, Niacin,

Blueberry, Butter (Contains:

Milk), Milk, Egg, Pinch Of

Brown Sugar, Gluten Free

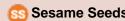
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Sesame Seeds