

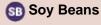
## GB FB159 - Vegetarian Adult Tea -Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Veggie burger with sweetcorn and Jacket potatoes  Ingredients:, Jacket Potatoes, Vegetable Burger (Wheat Flour, Carrot, Peas, Sweetcorn, Onion, Pepper, Vegetable Oil, Potato, Beans, Leek, Cauliflower, Garlic, Tomato, Parsley, Sage, White Pepper, Black Pepper), Sweetcorn  G	Chickpea and cauliflower couscous salad  Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Cauliflower, Sweetcorn, Chick Peas, Olive Oil, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil	Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Peppers, Carrots, Sweetcorn, Onion, Lentils, 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	Gluten free Cauliflower and Broccoli Tots 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, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt)	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 (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Pineapple, Butter (Contains: Milk), Vegetable Oil, Egg, Pinch Of Sugar, Cinnamon, Cocoa Powder  G	Fruit compote  Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Lemon yoghurt  Ingredients:, Natural Yoghurt (Contains Milk), Lemon, Pinch Of Sugar	Vanilla Rice Pudding  Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar	Apple and cherry cake  Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Apple, Cherry, Butter (Contains: Milk), Egg, Pinch Of Sugar, Cinnamon  G

## **Allergens Key**







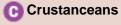












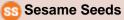


































Lupin















