

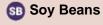
GB FB159 - Free From Gluten & Dairy & Soya & Egg - Adult_Tea - Standard

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Gluten free fish fingers with seasonal mixed vegetables and baby new jacket potatoes Ingredients:, Baby Jacket Potatoes, Broad Beans, Gluten Free Fish Fingers (Contains Fish), Sweetcorn, Olive Oil	Chickpea and cauliflower rice salad Ingredients:, Basmati Rice, Carrots, Cauliflower, Sweetcorn, Chick Peas, Olive Oil, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil	Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), 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 potatoes and mixed veggies Ingredients:, Potatoes, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Olive Oil, 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	Gluten & soya free Vegan cake Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Fruit compote Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Fruit compote Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Dairy Free Vanilla Rice Pudding Pudding Rice, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Vanilla Flavouring, Pinch Of Sugar	Gluten & soya free Vegan cake Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

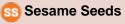
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