

GB FB159 - Free From Dairy & Soya & Egg - Adult Lunch - Standard - Week

Tuesday Wednesday **Thursday Friday** Monday 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 coconut 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, Olive Oil, Beans, Broad Beans, Garden Gum, Cardamom, Curry Peas, Tomato Powder, Black Olive Oil, Plum Sauce, Beef Balsamic Vinegar (Red Peas. Sweetcorn. Coconut Powder (Contains Mustard), Pepper, Parsley, Turmeric, Wine Vinegar, Grape Must, Mince, Black Pepper, Garlic Milk (Coconut Extract, Guar Salt), Garlic, Cumin, Black Turmeric Caramel, Sulphite), Gluten Gum, Xanthan Gum), Garlic, Pepper Free Low Salt Vegetable 0 Parsley, Black Pepper, Dill Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, (C) 0 Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning G 🕝 வ

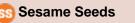
Allergens Key





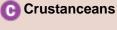








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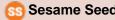












The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

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Dessert

Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

Fruit compote

Vegan, soya free cake

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

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Apple and lemon compote

Ingredients:, Apple, Lemon, Vanilla, Cinnamon

Fruit compote

Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon Vegan, soya free cake

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



Allergens Key



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🕞 Fish









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