

GB FB159 - Free From Dairy & Soya & Egg - Adult Lunch - Vegetarian -

Tuesday Wednesday **Thursday Friday** Monday Veggie Chow Mein with Balti beans with rice Veggie Pot Pie Main Roasted Chickpea, mixed Lentil pasta bake with veggies, herby coconut 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, Tomato Paste, Carrots, Paprika - Contains Gluten), 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 Olive Oil, Balsamic Vinegar Peas. Sweetcorn. Coconut Gum, Cardamom, Curry Pepper, Parsley, Turmeric, Olive Oil, Plum Sauce, Lentils, (Red Wine Vinegar, Grape Milk (Coconut Extract, Guar Powder (Contains Mustard), Salt), Garlic, Cumin, Black Must, Caramel, Sulphite), Gum, Xanthan Gum), Garlic, Black Pepper, Garlic Turmeric Pepper Gluten Free Low Salt Parsley, Black Pepper, Dill Vegetable Stock (Cornflour, 0 (C) Potato Starch, Onion, Carrot, 0 Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning G ®

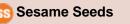
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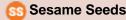














The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

Ingredients:, Fresh Fruit

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Dessert

Fresh fruit 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,

0

Cinnamon

Fresh banana

Ingredients:, Banana

Chocolate and cinnamon flapjacks

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

0

Wegan, 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



Eggs

S Soy Beans

Mustard

Sesame Seeds



Mollusc













G Gluten





Nuts