

## GB FB159 - Free From Dairy - Adult **Lunch - Vegetarian - Week 1**

### **Monday Tuesday** Wednesday **Thursday Friday** Creamy root vegetable Veggie Chow Mein with Balti beans with rice Veggie Pot Pie Main Lentil pasta bake with gratin with bulgar wheat lentils, peas and noodles F sweetcorn DF Ingredients:, Basmati Rice, Ingredients:, Potatoes, Tomatoes, Onion, Spinach, Grated Carrots, Sweetcorn, Ingredients:, Bulgar Wheat, Ingredients:, Egg Free Ingredients:, Egg Free Beans, Sunflower Oil, Ginger, Onion, Celery, Beans, Lentils, Potato, Onion, Carrots, Noodles (Wheat Flour (With Fusilli (Durum Wheat Tomato Paste, Sunflower Oil, Swedes, Celery, Turnips, Calcium Carbonate, Iron, Garam Masala, Korma Curry Semolina - Contains Paste, Tomato Purée, Gluten Free Low Salt Lentils, Sunflower Oil, Niacin, Thiamin), Salt, Gluten), Chopped Tomatoes, Coconut, Rapeseed Oil, Vegetable Stock (Cornflour, Mushrooms, Coconut Milk Paprika - Contains Gluten), Tomato Paste, Carrots, Cumin, Coriander, Garlic, Potato Starch, Onion, Carrot, (Coconut Extract, Guar Gum, Carrots, Garden Peas, Lentils, Sweetcorn, Onion, Xanthan Gum), Vinegar, Sweetcorn, Tomatoes, Onion, Ginger, Turmeric, Xanthan Peas, Tomato Powder, Black Sunflower Oil, Balsamic Gum, Cardamom, Curry Gluten Free Low Salt Sunflower Oil, Plum Sauce, Pepper, Parsley, Turmeric, Vinegar (Red Wine Vinegar, Powder (Contains Mustard), Salt), Garlic, Cumin, Black Vegetable Stock (Cornflour, Lentils, Soya Sauce Grape Must, Caramel, Potato Starch, Onion, Carrot, (Soybeans, Salt, Spirit Turmeric Pepper Sulphite), Gluten Free Low Peas, Tomato Powder, Black Vinegar - Contains Soya), Salt Vegetable Stock Pepper, Parsley, Turmeric, Black Pepper, Garlic (C) (Cornflour, Potato Starch, Salt), Gluten Free Flour, Bay Onion, Carrot, Peas, Tomato Leaves, Garlic, Parsley, Powder, Black Pepper, G SB Mixed Herbs - Dried, Turmeric Parsley, Turmeric, Salt), Garlic, Italian Seasoning **G** (C) G ®

### **Allergens Key**



G Gluten





























Vanilla Flavouring, Cinnamon



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

# **GB FB159 - Free From Dairy - Adult Lunch - Vegetarian - Week 1**

Dessert

Fruit compote

Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar,

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Vegan, soya free cake

Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

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 (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



**Allergens Key** 



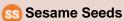
**G** Gluten



Fish









Mollusc

