

Free From Dairy & Soya & Egg - Adult Tea - Vegetarian - Week 1

Monday Tuesday Wednesday **Thursday Friday** Slow cooked butter bean Main Veggie cakes with seasonal Vegetarian goulash with Moroccan vegetable tagine Vegetable pasta bake in a mixed vegetables and baby smoked paprika served with chick peas, apricots stew with mushrooms rich tomato sauce with with basmati rice new jacket potatoes and courgettes served with Served with crunchy diced sweetcorn herby couscous potatoes Baby Jacket Potatoes, Broad Butter Beans, Carrots, Garlic, Pasta (Durum Wheat Beans, Sweetcorn, Vegetable Gluten Free Low Salt Semolina - Contains Ingredients:, Cous Cous Butter Beans, Carrots, Quarter Pounders (Contains: Vegetable Stock (Cornflour, Gluten), Chopped Tomatoes, (Durum Wheat Semolina -Chopped Tomatoes, Garlic, Potato Starch, Onion, Carrot, Carrots, Sweetcorn, Red Gluten) Gluten Free Low Salt Contains Gluten), Chopped Peas, Tomato Powder, Black Lentils, Onion, Sunflower Oil, Tomatoes, Chick Peas, Diced Vegetable Stock (Cornflour, Pepper, Parsley, Turmeric, Gluten Free Low Salt Carrots, Green Peppers, Red Potato Starch, Onion, Carrot, **G 9** Salt), Olive Oil, Onion, Red Vegetable Stock (Cornflour, Peppers, Yellow Peppers, Peas, Tomato Powder, Black Peppers, Smoked Paprika, Potato Starch, Onion, Carrot, Courgettes, Onion, Apricot Pepper, Parsley, Turmeric, Thyme, Tomato Puree Salt), Mushrooms, Onion, Peas, Tomato Powder, Black Sulphur Dioxide, Gluten Pepper, Parsley, Turmeric, Free Low Salt Vegetable Potatoes, Swedes, Turnips Salt), Balsamic Vinegar (Red Stock (Cornflour, Potato Wine Vinegar, Grape Must, Starch, Onion, Carrot, Peas, (C) Tomato Powder, Black Caramel, Sulphite), Basil, Garlic Pepper, Parsley, Turmeric, Salt), Cinnamon, Cumin, Garlic Puree, Mixed Herbs -G sd Dried, Turmeric G ®

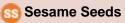
Allergens Key





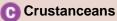














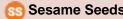
















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Dessert

Peach flapjacks

Apple, Pinch Of Brown Sugar, Butter (Contains: Milk), Golden Syrup, Peach, Porridge Oats (Contains Oat & Gluten), Pinch Of Sugar



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



Fruit compote

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

Apple, Apricot Sulphur Dioxide, Blackberries, Blackcurrants, Dairy Free Margarine, Oat Flakes (Contains Oat & Gluten), Pinch Of Brown Sugar, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring, Wheat Flour (Contains Gluten)

Fresh fruit

Ingredients:, Seasonal Fresh Fruit Pieces

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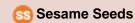
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