

GB FB159 - Free from Soya - Child Lunch - Week 1

Monday Tuesday Wednesday **Thursday Friday** Creamy root vegetable Beef Chow Mein with peas Balti chicken with rice Chicken Pot Pie Tuna pasta bake with Main gratin with bulgar wheat and noodles sweetcorn Ingredients:, Basmati Rice, Ingredients:, Potatoes, Tomatoes, Onion, Spinach, Grated Carrots, Sweetcorn, Ingredients:, Bulgar Wheat, Ingredients:, Egg Free Ingredients:, Egg Free Chicken Breast, Olive Oil. Onion, Celery, Beans, Fusilli (Durum Wheat Potato, Onion, Carrots, Noodles (Wheat Flour (With Ginger, Garam Masala, Chicken Breast, Lentils, Swedes, Celery, Turnips, Calcium Carbonate, Iron, Semolina - Contains Korma Curry Paste, Tomato Tomato Paste, Olive Oil. Lentils, Olive Oil, Mushrooms, Niacin, Thiamin), Salt, Gluten), Chopped Tomatoes, Purée, Coconut, Rapeseed Gluten Free Low Salt Tomato Paste, Carrots, Tuna Coconut Milk (Coconut Paprika - Contains Gluten), Oil, Cumin, Coriander, Garlic, Vegetable Stock (Cornflour, Extract, Guar Gum, Xanthan Carrots, Garden Peas, Chunks (Contains Fish), Gum), Vinegar, Gluten Free Sweetcorn, Tomatoes, Onion, Ginger, Turmeric, Xanthan Potato Starch, Onion, Carrot, Sweetcorn, Onion, Grated Gum, Cardamom, Curry Peas, Tomato Powder, Black Low Salt Vegetable Stock Olive Oil, Plum Sauce, Beef Cheddar Cheese (Contains Powder (Contains Mustard), Pepper, Parsley, Turmeric, (Cornflour, Potato Starch, Milk), Olive Oil, Balsamic Mince, Black Pepper, Garlic Salt), Garlic, Cumin, Black Onion, Carrot, Peas, Tomato Turmeric Vinegar (Red Wine Vinegar, Pepper Powder, Black Pepper, Grape Must, Caramel, 0 Parsley, Turmeric, Salt), Sulphite), Gluten Free Low Gluten Free Flour, Bay Salt Vegetable Stock (C) Leaves, Garlic, Parsley, (Cornflour, Potato Starch, Mixed Herbs - Dried, Turmeric Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), **G** (C) Garlic, Italian Seasoning G 🔁 (D) 🚯

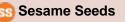
Allergens Key



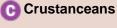








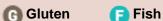




















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Dessert

Cherry yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Cherry, Pinch Of Sugar



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



Apple and lemon compote

Ingredients:, Apple, Lemon, Vanilla, Cinnamon

Chocolate and cinnamon flapjacks

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



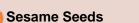
Allergens Key



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