

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

Monday Tuesday Wednesday **Thursday Friday** 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 yoghurt 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, Grated Beans, Broad Beans, Garden Gum, Cardamom, Curry Peas, Tomato Powder, Black Olive Oil, Plum Sauce, Beef Cheddar Cheese (Contains Peas. Sweetcorn. Natural Powder (Contains Mustard), Pepper, Parsley, Turmeric, Milk), Olive Oil, Balsamic Mince, Black Pepper, Garlic Yoghurt (Contains Milk), Salt), Garlic, Cumin, Black Turmeric Vinegar (Red Wine Vinegar, Garlic, Parsley, Black Pepper, Pepper **G** Grape Must, Caramel, Dill Sulphite), Gluten Free Low Salt Vegetable Stock (C) **G D** (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning G 🔁 (D) 🚯

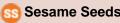
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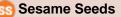














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Dessert

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



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