

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

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

Allergens Key

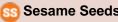


G Gluten









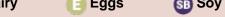






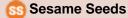
















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Dessert

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



G Gluten



🕞 Fish







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