

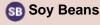
Free From Dairy - Adult Lunch -Standard - Week 1

Monday Tuesday Wednesday **Thursday Friday** Tuna pasta bake with Chicken tikka masala Creamy beef stew with Main Italian lentil ragu served Roast chicken bites with a with basmati rice broccoli and pea pesto sweetcorn served with basmati rice mixed peppers and Served with egg free mushroom, served with Basmati Rice, Carrots, noodles Ingredients:, Basmati Rice, roasted potatoes Ingredients:, Egg Free Fusilli (Durum Wheat Chopped Tomatoes, Garlic, Chopped Tomatoes, Carrots, Gluten Free Low Salt Semolina - Contains Chicken Breast, Onion. Broccoli, Chicken Breast, Egg Balsamic Vinegar (Red Vegetable Stock (Cornflour, Gluten), Chopped Tomatoes, Coconut Milk (Coconut Free Noodles (Wheat Flour Wine Vinegar, Grape Must, Potato Starch, Onion, Carrot, Extract, Guar Gum, Xanthan Tomato Paste, Carrots, **Tuna** (With Calcium Carbonate, Caramel, Sulphite), Carrots, Peas, Tomato Powder, Black Chunks (Contains Fish), Gum), Sunflower Oil, Korma Iron, Niacin, Thiamin), Salt, Coconut Milk (Coconut Pepper, Parsley, Turmeric, Sweetcorn, Onion, Sunflower Curry Paste, Tomato Purée, Paprika - Contains Gluten), Extract, Guar Gum, Xanthan Salt), Green Peppers, Ground Oil, Balsamic Vinegar (Red Coconut, Rapeseed Oil, Garden Peas, Garlic, Ground Gum), Diced Beef, Garlic. Black Pepper, Olive Oil, Wine Vinegar, Grape Must, Cumin, Coriander, Garlic, Black Pepper, Onion, Parsley, Gluten Free Low Salt Onion, Oregano, Red Lentils, Caramel, Sulphite). Gluten Ginger, Turmeric, Xanthan Vegetable Stock (Cornflour, Salt, Sunflower Oil Red Peppers, Thyme, Tomato Free Low Salt Vegetable Gum, Cardamom, Mango Potato Starch, Onion, Carrot, Stock (Cornflour, Potato Puree, Yellow Peppers Chutney, Mango, Sugar, Peas, Tomato Powder, Black 0 Starch, Onion, Carrot, Peas, Vinegar, Salt, Chilli Powder, Pepper, Parsley, Turmeric, Tomato Powder, Black Ginger Powder, Garlic Salt), Mixed Peppers, Onion, Powder, Turmeric Powder, Pepper, Parsley, Turmeric, Paprika, Potatoes, Sunflower Gluten Free Low Salt Salt), Garlic, Italian Seasoning Oil. Tomato Puree Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, **G** 🔁 🕄 Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger

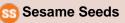
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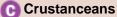






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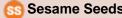














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Dessert

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, Vanilla, Cinnamon, Pinch Of Sugar

Apple and raisin flapjacks

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

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Fresh fruit

Ingredients:, Seasonal Fresh Fruit Pieces

Cinnamon and vanilla forest fruit compote

Ingredients:, Apple, Peach, Pear, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

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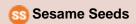


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