

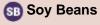
GB FB159 - Free From Dairy - Adult Tea - Standard - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket potatoes with sweetcorn and gluten free Cauliflower and Broccoli Tots Ingredients:, Jacket Potatoes, Sweetcorn, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt)	Chickpea and cauliflower couscous salad Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Cauliflower, Sweetcorn, Chick Peas, Olive Oil, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil	Chicken pasta salad Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Peppers, Carrots, Sweetcorn, Onion, Chicken Breast, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper	Cumin chicken with garlic bread and cucumber sticks Ingredients:, Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Chicken Breast, Cucumber, Olive Oil, Garlic, Cumin, Coriander, Paprika, Ground Black Pepper, Dill, Parsley, Basil	Paprika chickpea and green beans with baby new potato salad Ingredients:, Potatoes, Chick Peas, Green Beans, Olive Oil Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin
Dessert	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	Fresh fruit Ingredients:, Fresh Fruit	Fresh fruit Ingredients:, Fresh Fruit	Dairy Free Vanilla Rice Pudding Pudding Rice, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Vanilla Flavouring, 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, Gluter Free Baking Powder, Bicarbonate Of Soda, Cinnamon

Allergens Key









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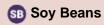




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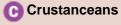








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