

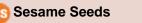
## **GB FB159 - Free From Dairy - Adult Lunch - Vegetarian - Week 1**

## **Monday** Tuesday Wednesday **Thursday Friday** Roasted Chickpea, fresh Veggie Chow Mein with Balti beans with rice Veggie Pot Pie Main Lentil pasta bake with raw vegetables, herby lentils, peas and noodles sweetcorn coconut dip with a tortilla Ingredients:, Basmati Rice, Ingredients:, Potatoes, Tomatoes, Onion, Spinach, Grated Carrots, Sweetcorn, Ingredients:, Egg Free wrap. Ingredients:, Egg Free Beans, Olive Oil, Ginger, Onion, Celery, Beans, Lentils, Noodles (Wheat Flour (With Fusilli (Durum Wheat Tomato Paste, Olive Oil, Calcium Carbonate, Iron, Garam Masala, Korma Curry Semolina - Contains Ingredients:, Wrap Paste, Tomato Purée, Gluten Free Low Salt Niacin, Thiamin), Salt, Gluten), Chopped Tomatoes, (Contains Wheat, Gluten), Coconut, Rapeseed Oil, Vegetable Stock (Cornflour, Paprika - Contains Gluten), Tomato Paste, Carrots, Chick Peas, Cucumber, Cumin, Coriander, Garlic, Potato Starch, Onion, Carrot, Carrots, Garden Peas, Lentils, Sweetcorn, Onion, Carrots, Coconut Milk Sweetcorn, Tomatoes, Onion, Ginger, Turmeric, Xanthan Peas, Tomato Powder, Black Olive Oil, Balsamic Vinegar (Coconut Extract, Guar Gum, Gum, Cardamom, Curry Olive Oil, Plum Sauce, Lentils, Pepper, Parsley, Turmeric, (Red Wine Vinegar, Grape Xanthan Gum), Garlic, Powder (Contains Mustard), Salt), Garlic, Cumin, Black Soya Sauce (Soybeans, Must, Caramel, Sulphite), Parsley, Black Pepper, Dill Salt, Spirit Vinegar -Turmeric Pepper Gluten Free Low Salt Contains Soya), Black Vegetable Stock (Cornflour, 0 Pepper, Garlic (C) Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, G SB Salt), Garlic, Italian Seasoning G ®

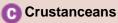






















G Gluten



🕞 Fish









## London

## **GB FB159 - Free From Dairy - Adult** Lunch - Vegetarian - Week 1

Dessert

Fresh fruit

Ingredients:, Fresh Fruit

Vegan, soya free cake

Thiamin), Apple, Peach,

Free Baking Powder,

Bicarbonate Of Soda,

Cinnamon

0

Ingredients:, Wheat Flour

Pear, Dairy Free Margarine,

Pinch Of Brown Sugar, Gluten

(With Calcium, Iron, Niacin,

Fresh banana

Ingredients:, Banana

Chocolate and cinnamon

flapjacks

Ingredients:, Porridge Oats

Apple, Dairy Free Margarine,

Brown Sugar, Cocoa Powder,

(Contains Oat & Gluten),

Golden Syrup, Pinch Of

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

Vegan, soya free cake

0

Cinnamon

0

**Allergens Key** 





















