The Yum Yum Food Company London
Created by The Yum Yum Food Company London

Free From Dairy (VEGAN) - Adult
Lunch - Vegetarian - Week 1

## Thursday

Friday

Tikka masala with beans served with basmati rice

Ingredients:, Basmati Rice, Chopped Tomatoes, Carrots, Beans, Onion, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger

Creamy vegetable stew with butter beans, mixed peppers and mushroom served with roasted potatoes

Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Butter Beans, Carrots, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Peppers, Onion, Paprika, Potatoes, Sunflower Oil, Tomato Puree

## Allergens Key

(D) DairyEggsSoy Beans
MustardLupin

G Gluten
F
Fish

N NutsSesame Seeds
(M)
Mollusc

CrustanceansCelery
Peanuts
(SD) Sulphur
Dioxide

# The Yum Yum Food Company London Created by The Yum Yum Food Company London 

Free From Dairy (VEGAN) - Adult
Lunch - Vegetarian - Week 1

Cinnamon and vanila
forest fruit compote

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

## Allergens Key

(D) Dairy
E Eggs
(G) Gluten
(F) Fish
SB Soy Beans
(1) Nuts
(M)
MustardSesame Seeds
(L)
Lupin
(II) MolluscCrustanceans

