

## GB FB159 - Vegetarian Child Lunch - Week 2

## **Monday** Tuesday Wednesday **Thursday Friday** Ratatouille with chickpeas Hoisin with lentils and rice Sweet and sour Asian Main Hungarian bean paprika Lentil Red pesto with pasta and parsley rice sauce and mash beans with noodles Ingredients:, Basmati Rice, Ingredients:, Pasta (Durum Wheat Semolina - Contains Chopped Tomatoes, Plum Ingredients:, Basmati Rice, Ingredients:, Potatoes, Ingredients:, Egg Free Sauce, Onion, Courgettes, Gluten), Chopped Tomatoes, Ratatouille (Courgette, **Noodles (Wheat Flour (With** Stewpack (Onion, Carrots, Garden Peas, Lentils, Olive Peppers, Sweetcorn, Onion, Tomatoes, Green Pepper, Turnip, Swede, Celery), Calcium Carbonate, Iron, Red Pepper, Onion, Oil, Soya Sauce (Soybeans, Lentils, Olive Oil, Gluten Free Carrots, Onion, Beans, Single Niacin, Thiamin), Salt, Aubergine), Carrots, Chopped Salt, Spirit Vinegar -Paprika - Contains Gluten), Low Salt Vegetable Stock Cream (Contains Milk), Butter (Contains: Milk), **Contains Soya)** (Cornflour, Potato Starch, Tomatoes, Chick Peas, Cabbage, Carrots, Onion, Tomato Puree, Onion, Olive Tomato Puree, Olive Oil, Mushrooms, Plum Sauce, Onion, Carrot, Peas, Tomato Oil, Basil, Parsley, Thyme, Gluten Free Low Salt SB Olive Oil, Gluten Free Flour, Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Garlic Vegetable Stock (Cornflour, Soya Sauce (Soybeans, Garlic, Basil Potato Starch, Onion, Carrot, Salt, Spirit Vinegar -Peas, Tomato Powder, Black Contains Soya), Garlic Pepper, Parsley, Turmeric, 0 Salt), Smoked Paprika, G SB Cumin, Bay Leaves, Garlic, Ground Black Pepper (D)(C)

## Allergens Key







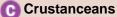






Mollusc



















## **GB FB159 - Vegetarian Child Lunch -**Week 2

**Dessert** 

Blackcurrant and apple cake

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Apple, Blackcurrants, Butter (Contains: Milk), Egg, Pinch Of Sugar, Cinnamon









Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar



Apple and peach compote

Ingredients:, Apple, Peach, Vanilla Flavouring, Cinnamon Peach Krispie Bite

Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup

Strawberry yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Strawberry Puree, Pinch Of Sugar



0

**Allergens Key** 



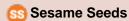
**G** Gluten



Fish









Mollusc

