## 

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

## GB FB159 - Free From Dairy & Soya & Egg - Child Lunch - Vegetarian - Week

|   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|--|---|---|
| Main  | Ratatouille with chickpeas<br>and parsley rice<br>Ingredients:, Basmati Rice,<br>Ratatouille (Courgette,<br>Tomatoes, Green Pepper,<br>Red Pepper, Onion,<br>Aubergine), Carrots, Chopped<br>Tomatoes, Chick Peas,<br>Tomato Puree, Onion, Olive<br>Oil, Basil, Parsley, Thyme,<br>Ground Black Pepper, Garlic | Hungarian bean paprika<br>sauce and mash<br>Ingredients:, Potatoes,<br>Stewpack (Onion, Carrots,<br>Turnip, Swede, Celery),<br>Carrots, Onion, Beans,<br>Tomato Puree, Olive Oil,<br>Gluten Free Low Salt<br>Vegetable Stock (Cornflour,<br>Potato Starch, Onion, Carrot,<br>Peas, Tomato Powder, Black<br>Pepper, Parsley, Turmeric,<br>Salt), Smoked Paprika,<br>Cumin, Bay Leaves, Garlic,<br>Ground Black Pepper | Hoisin with lentils and rice<br>Ingredients:, Basmati Rice,<br>Chopped Tomatoes, Plum<br>Sauce, Onion, Courgettes,<br>Garden Peas, Lentils, Olive<br>Oil | Sweet and sour Asian<br>beans with noodles<br>Ingredients:, Egg Free<br>Noodles (Wheat Flour (With<br>Calcium Carbonate, Iron,<br>Niacin, Thiamin), Salt,<br>Paprika - Contains Gluten),<br>Cabbage, Carrots, Onion,<br>Mushrooms, Plum Sauce,<br>Olive Oil, Gluten Free Flour,<br>Garlic | Lentil pasta salad with<br>sweetcorn and peppers<br>Ingredients:, Pasta (Durum<br>Wheat Semolina - Contains<br>Gluten), Sweetcorn, Peppers,<br>Lentils, Lemon Juice, Olive<br>Oil, Parsley, Garlic, Dill, Black<br>Pepper |
| Dessert   | Vegan, soya free cake<br>Ingredients:, Wheat Flour<br>(With Calcium, Iron, Niacin,<br>Thiamin), Apple, Peach,<br>Pear, Dairy Free Margarine,<br>Pinch Of Brown Sugar, Gluten<br>Free Baking Powder,<br>Bicarbonate Of Soda,<br>Cinnamon  | Vegan, soya free cake<br>Ingredients:, Wheat Flour<br>(With Calcium, Iron, Niacin,<br>Thiamin), Apple, Peach,<br>Pear, Dairy Free Margarine,<br>Pinch Of Brown Sugar, Gluten<br>Free Baking Powder,<br>Bicarbonate Of Soda,<br>Cinnamon  | Apple and peach compote<br>Ingredients:, Apple, Peach,<br>Vanilla Flavouring, Cinnamon   | Peach Krispie Bite<br>Ingredients:, Oat Flakes<br>(Contains Oat & Gluten),<br>Rice Krispies (Rice, Sugar,<br>Barley Extract, Salt), Peach,<br>Dairy Free Margarine, Golden<br>Syrup   | Fruit compote<br>Ingredients:, Apple, Peach,<br>Pear, Pinch Of Brown Sugar,<br>Vanilla Flavouring, Cinnamon   |
| Allergens Key <ul> <li>Dairy</li> <li>Eggs</li> </ul> | SB Soy Beans   | 🚺 Mustard  | 🕒 Lupin  | Crustanceans  | Peanuts   |
| G Gluten F Fish                                       | () Nuts  | Sesame Seeds   | Mollusc  | C Celery  | SD Sulphur<br>Dioxide   |



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