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

|  | Monday |
| :---: | :---: |
| Main | Veggie cakes with seasonal mixed vegetables and baby new jacket potatoes |
|  | Baby Jacket Potatoes, Broad Beans, Sweetcorn, Vegetable Quarter Pounders (Contains: Gluten) |
|  | ( SD |

Free From Dairy (VEGAN) - Adult Tea

- Vegetarian - Week 1


## Thursday <br> Friday

Slow cooked butter bean stew with mushrooms Served with crunchy diced potatoes

Butter Beans, Carrots, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mushrooms, Onion, Potatoes, Swedes, Turnips sweetcorn

Vegetable pasta bake in a rich tomato sauce with

Pasta (Durum Wheat Semolina - Contains Gluten), Chopped Tomatoes, Carrots, Sweetcorn, Red Lentils, Onion, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Basil, Garlic


## Allergens Key

(D) DairyEggs
(G) GlutenFishSoy Beans
(1) Nuts

MustardSesame SeedsLupin
(M)
Mollusc

Crustanceans
(C) Celery

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## Free From Dairy (VEGAN) - Adult Tea <br> - Vegetarian - Week 1

| Dessert | Peach flapjacks | Vegan, soya free cake | Fruit compote |
| :--- | :--- | :--- | :--- |
|  | Apple, Pinch Of Brown Sugar, | Ingredients:, Wheat Flour | Ingredients:, Apple, Peach, |
| Butter (Contains: Milk), | (Contains Gluten), Apple, <br> Golden Syrup, Peach, <br> Porridge Oats (Contains Oat | Peach, Pear, Dairy Free <br> Margarine, Pinch Of Brown | Sugar Cinnamon, Pinch Of |
| \& Gluten), Pinch Of Sugar | Sugar, Gluten Free Baking <br> Sowder, Bicarbonate Of |  |  |
|  | G | Soda, Cinnamon |  |
|  |  |  |  |

Apple, Apricot Sulphur Dioxide, Blackberries, Blackcurrants, Dairy Free Margarine, Oat Flakes (Contains Oat \& Gluten), Pinch Of Brown Sugar, Raspberries, Redcurrants, Strawberries, Vanilla Flavouring, Wheat Flour (Contains Gluten)

Fresh fruit

Ingredients:, Seasonal Fresh Fruit Pieces

## Allergens Key

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