

GB FB159 - Standard Adult Lunch -Week 2

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

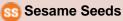
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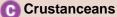






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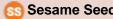














Created by The Yum Yum Food Company London

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









Chocolate Muffins

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Chocolate Chips, Butter (Contains: Milk), Egg, Pinch Of Sugar, Bicarbonate Of Soda



Apple and peach compote

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

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



Strawberry yoghurt

Week 2

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



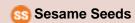
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