

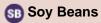
## **GB FB159 - Standard Adult Tea -**Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Rosemary chicken with diced carrots and baby potatoes	Lentil pasta salad with mixed veggies	Chicken nuggets with peas and garlic bread	Paprika chickpea couscous salad	Fish fingers with baked beans and potatoes
	Ingredients:, Potatoes, Chicken Breast, Carrots, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary	Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Cumin, Coriander, Basil	Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Chicken Nuggets (Contains: Gluten), Chicken, Wheat Flour, Sunflower Oil, Potato Starch, Yeast, Garden Peas	Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Chick Peas, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Tumeric, Basil, Parsley, Ground Black Pepper, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt)	Ingredients:, Potatoes, Baked Beans In Tomato Sauce, Cod Fillet Fish Fingers (Whitefish, Wheat Flour, Vegetable Oil, Yeast, Salt, Paprika, Curcumin, Turmeric)  G F
		0		G	
Dessert	Cherry yoghurt	Pineapple and apple cake	Apple and lemon crumble	Fruit compote	Peach flapjacks
	Ingredients:, Natural Yoghurt (Contains Milk), Cherry, Pinch Of Sugar	Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Pineapple, Apple, Butter (Contains: Milk), Vegetable Oil, Egg, Pinch Of Sugar, Cinnamon	Ingredients:, Wheat Flour (Contains Gluten), Breadcrumbs (Contains: Gluten), Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Ingredients:, Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, Porridge Oats (Contains Oat & Gluten), Pinch Of Sugar
		<b>G B D</b>	G		<b>©</b>

## **Allergens Key**

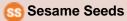














Mollusc

























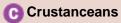








Lupin





G Gluten





