

## GB FB159 - Free From Gluten - Adult **Lunch - Standard - Week 1**

## **Monday Tuesday** Wednesday **Thursday Friday** Creamy root vegetable Beef Chow Mein with peas Balti chicken with rice Chicken Pot Pie Tuna pasta bake with Main gratin with basmati rice and gluten free pasta GF sweetcorn Ingredients:, Basmati Rice, Ingredients:, Potatoes, Tomatoes, Onion, Spinach, Grated Carrots, Sweetcorn, Ingredients:, Basmati Rice, Ingredients:, Gluten Free Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Chicken Breast, Sunflower Onion, Celery, Beans, Potato, Onion, Carrots, Pasta (Cornflour, Rice Flour), Oil, Ginger, Garam Masala, Chicken Breast, Lentils, Swedes, Celery, Turnips, Carrots, Garden Peas. Chopped Tomatoes, Tomato Korma Curry Paste, Tomato Tomato Paste, Sunflower Oil, Lentils, Sunflower Oil, Sweetcorn, Tomatoes, Onion, Paste, Carrots, Tuna Chunks Sunflower Oil. Plum Sauce. Purée, Coconut, Rapeseed Gluten Free Low Salt Mushrooms, Coconut Milk (Contains Fish), Sweetcorn, Beef Mince, Soya Sauce Oil, Cumin, Coriander, Garlic, Vegetable Stock (Cornflour, (Coconut Extract, Guar Gum, Onion, Grated Cheddar Xanthan Gum), Vinegar, (Soybeans, Salt, Spirit Ginger, Turmeric, Xanthan Potato Starch, Onion, Carrot, Cheese (Contains Milk), Gum, Cardamom, Curry Peas, Tomato Powder, Black Gluten Free Low Salt Vinegar - Contains Soya). Sunflower Oil, Balsamic Powder (Contains Mustard), Pepper, Parsley, Turmeric, Vegetable Stock (Cornflour, Black Pepper, Garlic Vinegar (Red Wine Vinegar, Salt), Garlic, Cumin, Black Potato Starch, Onion, Carrot, Turmeric Grape Must, Caramel, Pepper Peas, Tomato Powder, Black Sulphite), Gluten Free Low SB Pepper, Parsley, Turmeric, Salt Vegetable Stock Salt), Gluten Free Flour, Bay (C) (Cornflour, Potato Starch, Leaves, Garlic, Parsley, Onion, Carrot, Peas, Tomato Mixed Herbs - Dried, Turmeric Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning (C) **6** (D) **6**

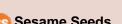
## **Allergens Key**





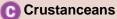




























## **GB FB159 - Free From Gluten - Adult Lunch - Standard - Week 1**

Dessert

Cherry yoghurt

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



Gluten & soya free Vegan cake

Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

Fresh banana

Ingredients:, Banana

Fruit compote

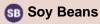
Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon Gluten & soya free Vegan cake

Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

**Allergens Key** 













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