

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Roasted Chicken strips, fresh raw vegetables, herby yoghurt dip with a gluten free wrap. Ingredients:, Gluten Free Wrap (Corn, Water, Salt), Chicken Breast, Cucumber, Carrots, Natural Yoghurt (Contains Milk), Garlic, Parsley, Black Pepper, Dill	Beef Chow Mein with peas and gluten free pasta Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Carrots, Garden Peas, Sweetcorn, Tomatoes, Onion, Olive Oil, Plum Sauce, Beef Mince, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Black Pepper, Garlic	Ingredients:, Basmati Rice, Tomatoes, Onion, Spinach, Chicken Breast, Olive Oil, Ginger, Garam Masala, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Curry Powder (Contains Mustard), Turmeric	Chicken Pot Pie Ingredients:, Potatoes, Grated Carrots, Sweetcorn, Onion, Celery, Beans, Chicken Breast, Lentils, Tomato Paste, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Cumin, Black Pepper	Tuna pasta bake with sweetcorn Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Tomato Paste, Carrots, Tuna Chunks (Contains Fish), Sweetcorn, Onion, Grated Cheddar Cheese (Contains Milk), Olive Oil, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Italian Seasoning
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

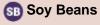
Allergens Key



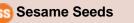
G Gluten



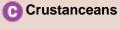
Fish

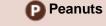






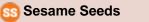














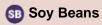
















Lupin

















