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

Free From Gluten - Adult Lunch -
Standard - Week 1
Main
Monday
Italian lentil ragu served
with basmati rice
Basmati Rice, Carrots,
Chopped Tomatoes, Garlic,
Gluten Free Low Salt
Vegetable Stock (Cornflour,
Potato Starch, Onion, Carrot,
Peas, Tomato Powder, Black
Pepper, Parsley, Turmeric,
Salt), Green Peppers, Ground
Black Pepper, Olive Oil,
Onion, Oregano, Red Lentils,
Red Peppers, Thyme, Tomato
Purre, Yelow Peppers Puree, Yellow Peppers

## Tuesday

Roast chicken bites with a broccoli and pea pesto served with gluten free pasta

Broccoli, Chicken Breast, Garden Peas, Garlic, Gluten Free Pasta (Cornflour, Rice Flour), Ground Black Pepper, Onion, Parsley, Salt, Sunflower Oil

## Wednesday

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), Sunflower 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

## F SD

## Thursday

Chicken tikka masala served with basmati rice

Ingredients:, Basmati Rice, Chopped Tomatoes, Carrots, Chicken Breast, Onion, Single Cream (Contains Milk), Sunflower Oil, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger

## Friday

Creamy beef stew with mixed peppers and mushroom, served with roasted potatoes

Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Carrots, Diced Beef, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Peppers, Onion, Paprika, Potatoes, Single Cream (Contains Milk), Sunflower Oil, Tomato Puree
(D)

## Allergens Key

(D) DairyEggs
G GlutenFish

## SB <br> Soy Beans

N NutsMustardSesame SeedsLupin
(M)
MolluscCrustanceans
(C) Celery

P Peanuts
SD Sulphur
Dioxide

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## Free From Gluten - Adult Lunch -

## Standard - Week 1

| Dessert | Gluten \& soya free Vegan <br> cake |
| :--- | :--- |
|  | Ingredients:, Gluten Free <br> Flour, Apple, Peach, Pear, <br> Dairy Free Margarine, Pinch <br> Of Brown Sugar, Gluten Free <br> Baking Powder, Bicarbonate <br> Of Soda, Cinnamon |

Fruit yoghurt
Ingredients:, Natural
Yoghurt (Contains Milk),
Fruit Pureed, Pinch Of Sugar
(D) cake

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

Cinnamon and vanilla forest fruit compote
Ingredients:, Fresh Fruit
ngredients:, Apple, Peach Pear, Blackberries,
Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon
(D) Dairy
E Eggs
G Gluten
(F) Fish
SB Soy Beans
(1) Nuts
(M)
MustardSesame Seeds
(
Lupin
(IM) MolluscCrustanceans
(C) Celery
(P) Peanuts
SD Sulphur
Dioxide

