

GB FB159 - Vegetarian Adult Lunch -Week 2

Monday Tuesday Wednesday **Thursday Friday** Ratatouille with chickpeas Hoisin with lentils and rice Sweet and sour Asian Main Hungarian bean paprika Lentil pasta salad with and parsley rice sauce and mash beans with noodles 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, Noodles (Wheat Flour (With Stewpack (Onion, Carrots, Wheat Semolina - Contains Garden Peas, Lentils, Olive Tomatoes, Green Pepper, Turnip, Swede, Celery), Calcium Carbonate, Iron, Gluten), Sweetcorn, Peppers, Red Pepper, Onion, Oil, Soya Sauce (Soybeans, Carrots, Onion, Beans, Single Niacin, Thiamin), Salt, Lentils, Lemon Juice, Olive Aubergine), Carrots, Chopped Salt, Spirit Vinegar -Paprika - Contains Gluten), Oil, Parsley, Garlic, Dill, Black Cream (Contains Milk), Butter (Contains: Milk), **Contains Soya)** Tomatoes, Chick Peas, Cabbage, Carrots, Onion, Pepper Tomato Puree, Onion, Olive Tomato Puree, Olive Oil, Mushrooms, Plum Sauce, Oil, Basil, Parsley, Thyme, Gluten Free Low Salt SB Olive Oil, Gluten Free Flour, 0 Ground Black Pepper, Garlic Vegetable Stock (Cornflour, Soya Sauce (Soybeans, 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)

Allergens Key



G Gluten



🕞 Fish

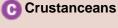


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Dessert

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

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



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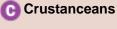








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