yumyum food company London

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Ratatouille with chickpeas and parsley rice **Ingredients:**, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Olive Oil, Basil, Parsley, Thyme, Ground Black Pepper, Garlic	Hungarian bean paprika sauce and mash **Ingredients:**, Potatoes, **Stewpack (Onion, Carrots, Turnip, Swede, Celery)**, Carrots, Onion, Beans, Tomato Puree, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper Ⓒ	Hoisin with lentils and rice **Ingredients:**, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Lentils, Olive Oil	Sweet and sour Asian beans with gluten free pasta **Ingredients:**, Gluten Free Pasta (Cornflour, Rice Flour), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, Garlic	Lentil pasta salad with sweetcorn and peppers **Ingredients:**, Gluten Free Pasta (Cornflour, Rice Flour), Sweetcorn, Peppers, Lentils, Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper
Dessert	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	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	Apple and peach compote **Ingredients:**, Apple, Peach, 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	Fruit compote **Ingredients:**, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

Allergens Key

Ⓓ **Dairy** Ⓔ **Eggs** ⓈⒷ **Soy Beans** Ⓜ **Mustard** Ⓛ **Lupin** Ⓒ **Crustanceans** Ⓟ **Peanuts**

Ⓖ **Gluten** Ⓕ **Fish** Ⓝ **Nuts** ⓈⓈ **Sesame Seeds** Ⓜ **Mollusc** Ⓒ **Celery** ⓈⒹ **Sulphur Dioxide**