

GB FB159 - Free From Dairy & Soya & Egg - Adult Tea - Standard - Week 2

Monday Tuesday Wednesday **Thursday Friday** Lentil pasta salad with Fish fingers with baked Main Rosemary chicken with Chicken nuggets with peas Paprika chickpea couscous diced carrots and baby mixed veggies and garlic bread salad beans and potatoes potatoes Ingredients:, Pasta (Durum Ingredients:, Garlic Bread Ingredients:, Cous Cous Ingredients:, Potatoes, (Durum Wheat Semolina -Baked Beans In Tomato Wheat Semolina - Contains (Wheat Flour, Margarine, Ingredients:, Potatoes, Gluten), Mixed Vegetables Garlic, Salt, Parsley, Yeast), Contains Gluten), Chick Sauce. Cod Fillet Fish Chicken Breast, Carrots, Olive Carrots, Green Beans, Broad Chicken Nuggets (Chicken, Peas, Mixed Vegetables Fingers (Whitefish, Wheat Oil, Rosemary, Garlic, Ground Beans, Garden Peas, Wheat Flour, Olive Oil, Carrots, Green Beans, Broad Flour, Vegetable Oil, Yeast, Black Pepper, Parsley, Potato Starch, Yeast), Sweetcorn, Lentils, Gluten Beans, Garden Peas, Salt, Paprika, Curcumin, Rosemary Free Low Salt Vegetable Garden Peas Sweetcorn, Tumeric, Basil, Turmeric), Olive Oil Stock (Cornflour, Potato Parsley, Ground Black Starch, Onion, Carrot, Peas, Pepper, Garlic, Gluten Free **G** 🔁 0 Tomato Powder, Black Low Salt Vegetable Stock Pepper, Parsley, Turmeric, (Cornflour, Potato Starch, Salt), Garlic, Ground Black Onion, Carrot, Peas, Tomato Pepper, Parsley, Cumin, Powder, Black Pepper, Coriander, Basil Parsley, Turmeric, Salt) 0 G

Allergens Key





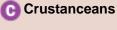








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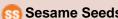














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Dessert

Fruit compote

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

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



Apple and lemon crumble

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Breadcrumbs (Contains: Gluten), Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon



Fruit compote

Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon Peach flapjacks

Ingredients:, Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, Porridge Oats (Contains Oat & Gluten), Pinch Of Sugar



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