

Free From Gluten - Adult Tea -Standard - Week 1

Monday Tuesday Wednesday **Thursday Friday** Slow cooked beef stew with Main Gluten free fish fingers with Vegetarian goulash with Moroccan chicken tagine Chicken pasta bake in a seasonal mixed vegetables smoked paprika served with apricots and mushrooms served with rich tomato sauce with with basmati rice and baby new jacket courgettes served with crunchy diced potatoes sweetcorn basmati rice potatoes Butter Beans, Carrots, Garlic, Chopped Tomatoes, Diced Ingredients:, Gluten Free Beef, Gluten Free Low Salt Gluten Free Low Salt Pasta (Cornflour, Rice Flour), Baby Jacket Potatoes, Broad Apricot Sulphur Dioxide. Vegetable Stock (Cornflour, Vegetable Stock (Cornflour, Chopped Tomatoes, Carrots, Beans, Carrots, Garden Peas, Basmati Rice, Chick Peas, Potato Starch, Onion, Carrot, Potato Starch, Onion, Carrot, Sweetcorn, Chicken Breast, **Gluten Free Fish Fingers** Chicken Breast, Chopped Peas, Tomato Powder, Black Peas, Tomato Powder, Black Grated Cheddar Cheese Tomatoes, Cinnamon, (Contains Fish), Sweetcorn Pepper, Parsley, Turmeric, Pepper, Parsley, Turmeric, (Contains Milk), Onion, Courgettes, Cumin, Diced Salt), Olive Oil, Onion, Red Salt), Mushrooms, Onion, Sunflower Oil, Gluten Free Carrots, Garlic Puree, Gluten **G** Peppers, Single Cream Parsnips, Potatoes, Raw Low Salt Vegetable Stock Free Low Salt Vegetable (Contains Milk), Smoked Stock (Cornflour, Potato Veggies, Swedes, Turnips (Cornflour, Potato Starch, Paprika, Thyme, Tomato Onion, Carrot, Peas, Tomato Starch, Onion, Carrot, Peas, Tomato Powder, Black Powder, Black Pepper, Puree (C) Pepper, Parsley, Turmeric, Parsley, Turmeric, Salt), Salt), Green Peppers, Mixed Balsamic Vinegar (Red **(D)** Wine Vinegar, Grape Must, Herbs - Dried, Mixed Peppers, Onion, Red Peppers, Caramel, Sulphite), Basil, Turmeric, Yellow Peppers Garlic **®** (D) (D)

Allergens Key

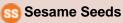




🕞 Fish



















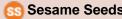














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Dessert

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

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

Fresh fruit

Ingredients:, Seasonal Fresh Fruit Pieces

Allergens Key















C Celery





Peanuts







