

GB FB159 - Free From Dairy - Adult Lunch - Vegetarian - Week 2

Ratatouille with chickpeas and parsley rice Ingredients: Basmail Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Orion, Aubergine), Carrots, Chick Peas, Tomatoe Puree, Oilve Oil, Basil, Parsley, Thyme, Ground Black Pepper, Grands Dease Peper, Persley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper Vegan, soya free cake Ingredients: Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pear, Dairy Free Margarine, Pinch Of Stown Sugar, Gluten Free Baking Powder, Bicarbonate of Soda, Cinnamon Ratatouille with chickpeas and parsley rice and mash sauce and mash ling redients: Paprika - Contains Sue as weetcorn and peppers (Ingredients: Basmatl Rice, Chopped Tomatoes, Plum Sauce (Novybeans, Sauce (Soybeans, Saut, Spirit Vinegar - Contains Gluten), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya) Pear, Dairy Free Margarine, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate of Soda, Cinnamon Ratatouille with chickpeas and passed mass and passed to make a sauce and mash lingredients; Paprika - Contains Gluten), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Garlic Vegan, soya free cake Vegan, soya free cake Vegan, soya free cake Ingredients; Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Peac, Peach, Peac, Peach, Peac, Peach, Peac, Peach, Pear, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate of Soda, Cinnamon G		Monday	Tuesday	Wednesday	Thursday	Friday
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 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 Ingredients:, Apple, Peach, Vanilla Flavouring, Cinnamon Ingredients:, Apple, Peach, Vanilla Flavouring, Cinnamon Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup Ingredients:, Apple, Peach, Vanilla Flavouring, Cinnamon Syrup G	Main	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,	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	Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Lentils, Olive Oil, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)	Ingredients:, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Garlic	sweetcorn and peppers Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Sweetcorn, Peppers, Lentils, Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper
	Dessert	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	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	Ingredients:, Apple, Peach,	Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup	Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar,

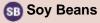
Allergens Key



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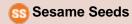


Fish







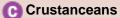






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Allergens Key















G Gluten





