

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

Monday Tuesday Wednesday **Thursday Friday** Gluten free Cauliflower and Vegan Sausage with baked Main Lentil pasta salad with Veggie nuggets with peas Paprika chickpea couscous broccoli Tots with diced mixed veggies and garlic bread salad beans and potatoes carrots and baby potatoes Ingredients:, Garlic Bread Ingredients:, Pasta (Durum 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, Vegan Sausages Gluten Free Cauliflower And Vegetarian Nuggets (Carrot, Carrots, Green Beans, Broad Peas, Mixed Vegetables (Carrot, Green Pepper, Broccoli Tots (Broccoli. Beans, Garden Peas, Carrots, Green Beans, Broad Sweetcorn, Green Beans, Peas, Potato, Onion, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Sweetcorn, Lentils, Gluten Cauliflower, Potato, Wheat Beans, Garden Peas, Sweetcorn, Rice, Olive Oil, Free Low Salt Vegetable Flour, yeast, Salt, Olive Oil, Sweetcorn, Tumeric, Basil, Wheat Flour, Beans, Gram Potato Flakes. Pea Flour. Stock (Cornflour, Potato White Pepper, Sugar, Parsley, Ground Black Flour, Salt, Yeast, Sage, Onion, Tomato, Garlic, Salt), Starch, Onion, Carrot, Peas, Onion, Parsley, Paprika, Pepper, Garlic, Gluten Free Parsley, Sugar, White Carrots, Olive Oil, Rosemary, Pepper, Garlic), Olive Oil, Tomato Powder, Black Turmeric), Garden Peas Low Salt Vegetable Stock Garlic, Ground Black Pepper, Pepper, Parsley, Turmeric, (Cornflour, Potato Starch, Parsley, Rosemary Rosemary Salt), Garlic, Ground Black Onion, Carrot, Peas, Tomato 0 Pepper, Parsley, Cumin, Powder, Black Pepper, 0 Coriander, Basil Parsley, Turmeric, Salt) G G

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Created by The Yum Yum Food Company London

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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



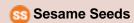
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