

GB FB159 - Free From Gluten - Adult Tea - Standard - Week 2

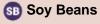
	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Rosemary chicken with diced carrots and baby potatoes Ingredients:, Potatoes, Chicken Breast, Carrots, Olive Oil, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary	Lentil pasta salad with mixed veggies Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Cumin, Coriander, Basil	Gluten free Cauliflower and Broccoli Tots with peas and potatoes Ingredients:, Potatoes, Peas, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Olive Oil, Garlic, Cumin, Coriander, Paprika, Ground Black Pepper, Rosemary	Ingredients:, Basmati Rice, Chick Peas, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Tumeric, Basil, Parsley, Ground Black Pepper, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt)	Gluten free fish fingers with baked beans and potatoes Baked Beans In Tomato Sauce, Gluten Free Fish Fingers (Contains Fish), Potatoes, Olive Oil
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	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

Allergens Key

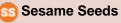














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