

Free From Gluten - Adult Tea -Vegetarian - Week 1

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

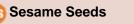
Allergens Key





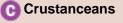












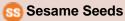


















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Dessert

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













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