

## GB FB159 - Free from Soya -**Vegetarian Adult Lunch - Week 2**

#### **Monday** Tuesday Wednesday **Thursday Friday** Ratatouille with chickpeas Hoisin with lentils and rice Sweet and sour Asian Main Hungarian bean paprika Lentil pasta salad with and parsley rice sauce and mash beans with noodles sweetcorn and peppers Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Ingredients:, Basmati Rice, Ingredients:, Potatoes, Ingredients:, Egg Free Ingredients:, Pasta (Durum Sauce, Onion, Courgettes, Ratatouille (Courgette, Noodles (Wheat Flour (With Stewpack (Onion, Carrots, Wheat Semolina - Contains Garden Peas, Lentils, Olive Tomatoes, Green Pepper, Turnip, Swede, Celery), Calcium Carbonate, Iron, Gluten), Sweetcorn, Peppers, Red Pepper, Onion, Carrots, Onion, Beans, Single Niacin, Thiamin), Salt, Lentils, Lemon Juice, Olive Aubergine), Carrots, Chopped Paprika - Contains Gluten), Oil, Parsley, Garlic, Dill, Black Cream (Contains Milk), Butter (Contains: Milk), Tomatoes, Chick Peas, Cabbage, Carrots, Onion, Pepper Tomato Puree, Onion, Olive Tomato Puree, Olive Oil, Mushrooms, Plum Sauce, Oil, Basil, Parsley, Thyme, Gluten Free Low Salt Olive Oil, Gluten Free Flour, 0 Ground Black Pepper, Garlic Vegetable Stock (Cornflour, Garlic Potato Starch, Onion, Carrot. Peas, Tomato Powder, Black G Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper (D)(C)

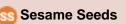
### **Allergens Key**



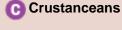










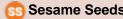




















### **Created by The Yum Yum Food Company** London

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Dessert

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



Vegan, soya free cake

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Apple and peach compote

Ingredients:, Apple, Peach, Vanilla Flavouring, Cinnamon Peach Krispie Bite

Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup



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Strawberry yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Strawberry Puree, Pinch Of Sugar



**Allergens Key** 









