

GB FB159 - Free from Egg -**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 Red pesto with pasta and parsley rice sauce and mash beans with noodles Ingredients:, Basmati Rice, Ingredients:, Pasta (Durum Wheat Semolina - Contains Chopped Tomatoes, Plum Ingredients:, Basmati Rice, Ingredients:, Potatoes, Ingredients:, Egg Free Sauce, Onion, Courgettes, Gluten), Chopped Tomatoes, **Noodles (Wheat Flour (With** Ratatouille (Courgette, Stewpack (Onion, Carrots, Garden Peas, Lentils, Peppers, Sweetcorn, Onion, Tomatoes, Green Pepper, Turnip, Swede, Celery), Calcium Carbonate, Iron, Sunflower Oil, Soya Sauce Lentils, Sunflower Oil, Gluten Red Pepper, Onion, Carrots, Onion, Beans, Single Niacin, Thiamin), Salt, Aubergine), Carrots, Chopped (Soybeans, Salt, Spirit Paprika - Contains Gluten), Free Low Salt Vegetable Cream (Contains Milk), Vinegar - Contains Soya) Cabbage, Carrots, Onion, Stock (Cornflour, Potato Tomatoes, Chick Peas, Butter (Contains: Milk), Tomato Puree, Onion, Tomato Puree, Sunflower Oil. Mushrooms, Plum Sauce, Starch, Onion, Carrot, Peas, Tomato Powder, Black Sunflower Oil, Basil, Parsley, Gluten Free Low Salt Sunflower Oil, Gluten Free SB Pepper, Parsley, Turmeric, Thyme, Ground Black Pepper, Vegetable Stock (Cornflour, Flour, Soya Sauce Garlic Potato Starch, Onion, Carrot, (Soybeans, Salt, Spirit Salt), Garlic, Basil Peas, Tomato Powder, Black Vinegar - Contains Soya), Pepper, Parsley, Turmeric, Garlic 0 Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, G SB Ground Black Pepper (D)(C)

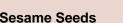
Allergens Key







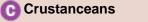






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Peanuts

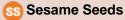
Dioxide













Created by The Yum Yum Food Company London

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Dessert

Vegan, soya free cake

Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

Vanilla Rice Pudding

Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar



Apple and peach compote

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

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

Strawberry yoghurt

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



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Allergens Key



G Gluten



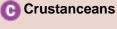








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Fish



