

## **GB FB159 - Free From Dairy & Egg -Child 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:, Pasta (Durum Wheat Semolina - Contains Gluten), 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	Chicken nuggets with peas and garlic bread  Ingredients:, Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Chicken Nuggets (Chicken, Wheat Flour, Olive Oil, Potato Starch, Yeast), Garden Peas  G	Paprika chickpea couscous salad  Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), 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)	Friday  Fish fingers with baked beans and potatoes  Ingredients:, Potatoes, Baked Beans In Tomato Sauce, Cod Fillet Fish Fingers (Whitefish, Wheat Flour, Vegetable Oil, Yeast, Salt, Paprika, Curcumin, Turmeric), Olive Oil  G F
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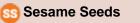
## **Allergens Key**



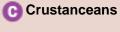










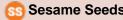




















**Created by The Yum Yum Food Company** London

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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

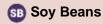
Ingredients:, Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, Porridge Oats (Contains Oat & Gluten), Pinch Of Sugar



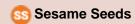
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