

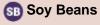
## GB FB159 - Free From Dairy & Egg -**Child Lunch - Vegetarian - Week 2**

Ratatouille with chickpeas and parsley rice  Ingredients:, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chick Peas, Tomato Pure, Oilve, Oil, Basil, Parsley, Thyme, Ground Black Pepper, Garlic Ground Black Pepper, Grainble, Peas, Danie, Peas, Danie, Peas, Danie, Pear, Danie, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate of Soda, Cinnamon  Ratatouille with chickpeas and parsley rice  Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Lentils, Olive Oil, Gave, Sauce (Soybeans, Sait, Spirit Vinegar Contains Gluten), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Oilve Oil, Guiten Free Flour, Sait), Smoked Papirka, Curim, Bay Leaves, Garlic, Ground Black Pepper  ©  Vegan, soya free cake  Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Sauce (Soybeans, Sait, Spirit Vinegar Contains Gluten), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Oilve Oil, Gluten Free Flour, Seya Sauce (Soybeans, Sait, Spirit Vinegar Contains Soya), Garlic  ©  Vegan, soya free cake  Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate of Soda, Cinnamon  ©  Apple and peach compote  Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barrety Extract, Sait), Peach, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate of Soda, Cinnamon  ©		Monday	Tuesday	Wednesday	Thursday	Friday
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  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  Ingredients:, Apple, Peach, Vanilla Flavouring, Cinnamon  Ingredients:, Apple, Peach, Vanilla Flavouring, Cinnamon  Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup  Ingredients:, Apple, Peach, Vanilla Flavouring, Cinnamon  Spring Free Margarine, Golden Syrup  G	Main	and parsley rice  Ingredients:, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Olive Oil, Basil, Parsley, Thyme,	Ingredients:, Potatoes, Stewpack (Onion, Carrots, Turnip, Swede, Celery), Carrots, Onion, Beans, Tomato Puree, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper	Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Lentils, Olive Oil, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)	Ingredients:, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Garlic	sweetcorn and peppers  Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Sweetcorn, Peppers, Lentils, Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper
	Dessert	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	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	Ingredients:, Apple, Peach,	Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup	Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar,

## **Allergens Key**









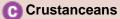






Mollusc







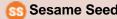














## **Allergens Key**



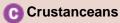














G Gluten





