

## GB FB159 - Standard Child Lunch -Week 3

## **Monday Tuesday** Wednesday **Thursday Friday** Lentil and chickpea dhal Italian Chicken Pastina Yum Yum Fish pie Main Beef chilli con carne with Roast chicken in Creamy with herby couscous kidney beans served with sauce with Italian potatoes basmati rice Ingredients:, Pasta (Durum Ingredients:, Potatoes, Wheat Semolina - Contains Garden Peas, Sweetcorn, Ingredients:, Cous Cous Ingredients:, Potatoes, Macedoine (Carrot, Swede, Gluten), Onion, Carrots, Carrots, Fish Mix ( Pollack (Durum Wheat Semolina -Basmati Rice, Baked Beans Fish, Salmon), Onion, Single Contains Gluten), Carrots, Turnip, Peas, Beans), Celery, Wholemeal Bread In Tomato Sauce, Beef Mince, (Wholemeal Wheat Flour, Cream (Contains Milk), Olive Potato, Chick Peas, Tomato Chopped Tomatoes, Carrots, Chopped Tomatoes, Fajita Paste, Onion, Lentils, Water, Salt, Yeast, Oil, Gluten Free Flour, Lemon Chicken Breast, Single Seasoning, Garlic, Gluten Vegetable Oil), Chicken Juice, Dill, Garlic, Ground Coconut Milk (Coconut Free Low Salt Vegetable Cream (Contains Milk), Extract, Guar Gum, Xanthan Stock (Cornflour, Potato Gluten Free Flour, Olive Oil, Breast, Olive Oil, Gluten Free Black Pepper Low Salt Vegetable Stock Gum), Olive Oil, Coriander, Starch, Onion, Carrot, Peas, Onion, Parsley, Basil, Garlic (Cornflour, Potato Starch, Cumin, Curry Powder Tomato Powder, Black (B) Onion, Carrot, Peas, Tomato (Contains Mustard), Ginger, Pepper, Parsley, Turmeric, **(D)** Ground Black Pepper, Powder, Black Pepper, Salt), Ground Black Pepper, Parsley, Turmeric, Salt), Paprika Kidney Beans, Mixed Herbs -Garlic, Parsley, Turmeric, Dried, Mixed Peppers, Onion, Black Pepper G M Smoked Paprika, Olive Oil, Sweetcorn **G** (C) Chocolate Muffins Black Cherry yoghurt Dessert Lemon and apple flapjacks Forest fruit compote Green apple cake with raisins Ingredients:, Wheat Flour Ingredients:, Apple, Peach, Ingredients:, Natural Ingredients:, Wheat Flour Yoghurt (Contains Milk), (With Calcium, Iron, Niacin, Pear, Blackberries, (With Calcium, Iron, Niacin, Ingredients:, Porridge Oats Thiamin), Soya Flour, Blackcurrants, Raspberries, Black Cherry, Pinch Of Sugar Thiamin), Soya Flour, Apple, (Contains Oat & Gluten), Chocolate Chips, Butter Redcurrants, Strawberries, Apple, Lemon, Dairy Free Spinach, Butter (Contains: (Contains: Milk), Egg, Pinch Pinch Of Brown Sugar, Vanilla Milk), Egg, Pinch Of Sugar Margarine, Golden Syrup, **(D)** Of Sugar, Bicarbonate Of Flavouring, Cinnamon Pinch Of Brown Sugar Soda G 🕒 🐯 (D) G **G B B D**

## **Allergens Key**

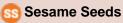






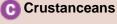












































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