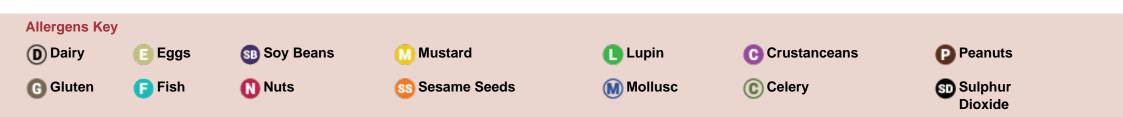


The Yum Yum Food Company London Created by The Yum Yum Food Company London

GB FB159 - Free From Dairy - Child Lunch - Vegetarian - Week 3

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•	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Lentil and chickpea dhal with herby couscous Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Olive Oil, Coriander, Cumin, Curry Powder (Contains Mustard), Ginger, Ground Black Pepper, Paprika	Vegetarian chilli con carne with kidney beans served with basmati rice Basmati Rice, Baked Beans In Tomato Sauce, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Smoked Paprika, Olive Oil, Sweetcorn	Beans in Creamy sauce with Italian potatoes Ingredients:, Potatoes, Macedoine (Carrot, Swede, Turnip, Peas, Beans), Chopped Tomatoes, Carrots, Beans, Gluten Free Flour, Olive Oil, Onion, Parsley, Basil, Garlic	Italian Chickpea Pastina Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Onion, Carrots, Celery, Wholemeal Bread (Wholemeal Wheat Flour, Water, Salt, Yeast, Vegetable Oil), Chick Peas, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley, Turmeric, Black Pepper	Yum Yum Veggie pie Ingredients:, Potatoes, Garden Peas, Sweetcorn, Carrots, Lentils, Onion, Olive Oil, Gluten Free Flour, Lemon Juice, Dill, Garlic, Ground Black Pepper



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Dessert	Lemon and apple flapjacks with raisins	Vegan, soya free cake	Forest fruit compote	Fruit compote	Vegan, soya free	cake
	Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Lemon, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar	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, Pear, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Ingredients:, Whea (With Calcium, Iron Thiamin), Apple, Po Pear, Dairy Free Ma Pinch Of Brown Sug Free Baking Powde Bicarbonate Of Sod Cinnamon	n, Niacin, leach, argarine, gar, Gluten er,
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