

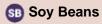
GB FB159 - Free From Gluten - Child Lunch - Standard - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Lentil and chickpea dhal with basmati rice Ingredients:, Basmati Rice, 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	Beef chilli con carne with kidney beans served with basmati rice Basmati Rice, Baked Beans In Tomato Sauce, Beef Mince, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Smoked Paprika, Olive Oil, Sweetcorn	Roast chicken in Creamy sauce with Italian potatoes Ingredients:, Potatoes, Macedoine (Carrot, Swede, Turnip, Peas, Beans), Chopped Tomatoes, Carrots, Chicken Breast, Single Cream (Contains Milk), Gluten Free Flour, Olive Oil, Onion, Parsley, Basil, Garlic	Chicken pasta bake with carrot sauce Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Carrots, Onion, Single Cream (Contains Milk), Chicken Breast, Cheese, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Parsley, Turmeric, Paprika, Ground Black Pepper	Yum Yum Fish pie Ingredients:, Potatoes, Garden Peas, Sweetcorn, Carrots, Fish Mix (Pollack Fish, Salmon), Onion, Single Cream (Contains Milk), Olive Oil, Gluten Free Flour, Lemon Juice, Dill, Garlic, Ground Black Pepper F ①
Dessert	Fruit compote Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Gluten & soya free Vegan cake Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Forest fruit compote Ingredients:, Apple, Peach, Pear, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Black Cherry yoghurt Ingredients:, Natural Yoghurt (Contains Milk), Black Cherry, Pinch Of Sugar	Gluten & soya free Vegan cake Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

Allergens Key













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