

GB FB159 - Standard Adult 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 tomato sauce with Italian basmati rice potatoes Ingredients:, Pasta (Durum Ingredients:, Potatoes, Wheat Semolina - Contains Garden Peas, Sweetcorn, Ingredients:, Cous Cous Gluten), Onion, Carrots, Carrots, Fish Mix (Pollack (Durum Wheat Semolina -Basmati Rice, Baked Beans Ingredients:, Potatoes, Fish, Salmon), Onion, Single Contains Gluten), Carrots, Celery, Wholemeal Bread In Tomato Sauce, Beef Mince, Macedoine (Carrot, Swede, (Wholemeal Wheat Flour, Cream (Contains Milk), Olive Potato, Chick Peas, Tomato Chopped Tomatoes, Fajita Turnip, Peas, Beans), Paste, Onion, Lentils, Water, Salt, Yeast, Oil, Gluten Free Flour, Lemon Chopped Tomatoes, Carrots, Seasoning, Garlic, Gluten Vegetable Oil), Chicken Juice, Dill, Garlic, Ground Coconut Milk (Coconut Free Low Salt Vegetable Chicken Breast, Single Extract, Guar Gum, Xanthan Stock (Cornflour, Potato Breast, Olive Oil, Gluten Free Black Pepper Cream (Contains Milk), Low Salt Vegetable Stock Gum), Olive Oil, Coriander, Starch, Onion, Carrot, Peas, Gluten Free Flour, Olive Oil, (Cornflour, Potato Starch, Cumin, Curry Powder Tomato Powder, Black Onion, Parsley, Basil, Garlic (B) Onion, Carrot, Peas, Tomato (Contains Mustard), Ginger, Pepper, Parsley, Turmeric, Ground Black Pepper, Powder, Black Pepper, Salt), Ground Black Pepper, **(D)** 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, Spinach, Butter (Contains: Apple, Lemon, Dairy Free (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



















Mollusc

















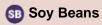




Allergens Key















G Gluten





