

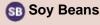
GB FB159 - Vegetarian Adult Lunch -Week 3

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

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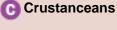


























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