

GB FB159 - Vegetarian Adult Tea -Week 3

Monday Tuesday Wednesday **Thursday Friday** Oriental chicken with wrap Main Veggie nuggets with Lentil veggie pasta with red Spinach and cheese fingers Veggie sausage with mixed sweetcorn and jacket and peas pesto with carrots and potatoes veggies and garlic bread potatoes Ingredients:, Wrap Ingredients:, Pasta (Durum Potatoes, Spinach And Ingredients:, Garlic Bread (Contains Wheat, Gluten), Wheat Semolina - Contains Cheese Fingers (Wheat Wheat Flour, Margarine, Ingredients:, Jacket Chicken Breast, Garden Gluten), Tomatoes, Lentils, Flour, Vegetable Oil, Garlic, Salt, Parsley, Yeast, Potatoes, Vegetarian Peas, Paprika, Garlic, Spinach, White Cheese Carrots, Sweetcorn, Onion, Mixed Vegetables Carrots, Nuggets (Carrot, Green Beans, Broad Beans, Spinach, Celery, Single (Milk), Onion, Corn Starch, Sweetcorn, Green Beans, Parsley, Basil, Turmeric Cream (Contains Milk), Salt, Sugar, Red Pepper). Garden Peas, Sweetcorn, Cauliflower, Potato, Wheat Gluten Free Low Salt Vegan Sausages (Carrot, Flour, yeast, Salt, Sunflower Carrots, Garlic, Parsley 0 Oil, White Pepper, Sugar, Vegetable Stock (Cornflour, Green Pepper, Peas, Potato, Potato Starch, Onion, Carrot, Onion, Sweetcorn, Rice, Onion, Parsley, Paprika, **G** (D) Peas, Tomato Powder, Black Sunflower Oil, Wheat Flour, Turmeric), Sweetcorn Pepper, Parsley, Turmeric, Beans, Gram Flour, Salt, Salt), Garlic, Parsley Yeast, Sage, Parsley, Sugar, 0 White Pepper, Garlic), Parsley, Basil, Rosemary, $\mathbf{G} \mathbf{D} \mathbf{C}$ Garlic, Paprika 0

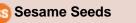
Allergens Key



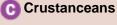






















🕞 Fish









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Dessert

Blackcurrant yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Blackcurrants, Pinch Of Sugar



Apple and apricot flapjacks

Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar



Apple crumble

Ingredients:, Wheat Flour (Contains Gluten), **Breadcrumbs (Contains:** Gluten), Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon



Cherry Chocolate Cake

Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Cherry, Butter (Contains: Milk), Vegetable Oil, Egg, Cocoa Powder, Pinch Of Sugar







Fruit compote

Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

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