

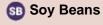
## **GB FB159 - Free From Gluten & Dairy** & Soya & Egg - Adult\_Tea - Standard

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Gluten free Cauliflower and broccoli tots with sweetcorn and jacket potatoes  Ingredients:, Jacket Potatoes, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Sweetcorn	Oriental chicken with potatoes and peas  Ingredients:, Potatoes, Chicken Breast, Garden Peas, Olive Oil, Paprika, Garlic, Parsley, Basil, Turmeric	Lentil veggie pasta with red pesto GDF  Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Tomatoes, Lentils, Carrots, Onion, Spinach, Celery, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley	Gluten free fish fingers with carrots and potatoes  Diced Carrots, Gluten Free Fish Fingers (Contains Fish), Potatoes, Olive Oil	Rosemary chicken with mixed veggies and rice  Ingredients:, Basmati Rice, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika
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	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	Fruit compote  Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

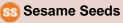
## **Allergens Key**













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