

GB FB159 - Free From Gluten & Dairy & Soya & Egg - Adult_Lunch -

	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	Vegetarian chilli con carne with kidney beans served with basmati rice Basmati Rice, Baked Beans In Tomato Sauce, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Smoked Paprika, Olive Oil, Sweetcorn	Beans in Creamy sauce with Italian potatoes Ingredients:, Potatoes, Macedoine (Carrot, Swede, Turnip, Peas, Beans), Chopped Tomatoes, Carrots, Beans, Gluten Free Flour, Olive Oil, Onion, Parsley, Basil, Garlic	Italian Chickpea Pastina Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Onion, Carrots, Celery, Gluten Free Bread (Tapioca Starch, Rice Flour, Vegetable Oil, Potato Flakes, Sugar, Yeast, Maize Flour, Salt), Chick Peas, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley, Turmeric, Black Pepper	Yum Yum Veggie pie Ingredients:, Potatoes, Garden Peas, Sweetcorn, Carrots, Lentils, Onion, Olive Oil, Gluten Free Flour, Lemon Juice, Dill, Garlic, Ground Black Pepper
Dessert	Fruit compote Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, 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	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











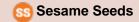
Lupin



















GB FB159 - Free From Gluten & Dairy & Soya & Egg - Adult_Lunch -Vegetarian - Week 3



📵 Eggs

S Soy Beans

🚺 Mustard

Lupin

© Crustanceans

Peanuts

G Gluten

Fish

Nuts

Sesame Seeds





