

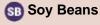
## **GB FB159 - Free From Dairy - Adult Lunch - Vegetarian - Week 3**

#### **Monday** Tuesday Wednesday **Thursday Friday** Beans in Creamy sauce Lentil and chickpea dhal Italian Chickpea Pastina Yum Yum Veggie pie Main Vegetarian chilli con carne 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, Olive (Durum Wheat Semolina -Macedoine (Carrot, Swede, Basmati Rice, Baked Beans Oil, Gluten Free Flour, Lemon Contains Gluten), Carrots, Turnip, Peas, Beans), Celery, Wholemeal Bread In Tomato Sauce, Chopped (Wholemeal Wheat Flour, Juice, Dill. Garlic, Ground Potato, Chick Peas, Tomato Chopped Tomatoes, Carrots, Tomatoes, Fajita Seasoning, Paste, Onion, Lentils, Beans, Gluten Free Flour, Water, Salt, Yeast, Black Pepper Garlic, Gluten Free Low Salt Olive Oil, Onion, Parsley, Vegetable Oil), Chick Peas, Coconut Milk (Coconut Vegetable Stock (Cornflour, Extract, Guar Gum, Xanthan Basil, Garlic Olive Oil, Gluten Free Low Potato Starch, Onion, Carrot, Salt Vegetable Stock Gum), Olive Oil, Coriander, Peas, Tomato Powder, Black (Cornflour, Potato Starch, Cumin, Curry Powder Pepper, Parsley, Turmeric, Onion, Carrot, Peas, Tomato (Contains Mustard), Ginger, Salt), Green Lentils, Ground 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 $\mathbf{G}$

### **Allergens Key**



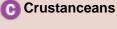






























### **Created by The Yum Yum Food Company** London

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Dessert

Lemon and apple flapjacks with raisins

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



Vegan, soya free cake

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



Forest fruit compote

Ingredients:, Apple, Peach, Pear, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

Fruit compote

Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon Vegan, soya free cake

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



**Allergens Key** 













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