yumyum food company London

The Yum Yum Food Company London
Created by The Yum Yum Food Company London

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Rosemary chicken with carrot and cucumber and baby potatoes **Ingredients:**, Potatoes, Chicken Breast, Cucumber, Carrots, Olive Oil, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary	Lentil pasta salad with mixed veggies **Ingredients:**, **Pasta (Durum Wheat Semolina - Contains Gluten)**, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Cumin, Coriander, Basil (G)	Chicken nuggets with grated carrots and garlic bread **Ingredients:**, **Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast)**, **Chicken Nuggets (Chicken, Wheat Flour, Olive Oil, Potato Starch, Yeast)**, Grated Carrots (G)	Paprika chickpea couscous salad **Ingredients:**, **Cous Cous (Durum Wheat Semolina - Contains Gluten)**, Chick Peas, Cucumber, Lettuce, Sweetcorn, Carrots, Tumeric, Basil, Parsley, Ground Black Pepper, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt) (G)	Fish fingers with baked beans and potatoes **Ingredients:**, Potatoes, Baked Beans In Tomato Sauce, **Cod Fillet Fish Fingers (Whitefish, Wheat Flour, Vegetable Oil, Yeast, Salt, Paprika, Curcumin, Turmeric)**, Olive Oil (G) (F)
Dessert	Cherry yoghurt **Ingredients:**, **Natural Yoghurt (Contains Milk)**, Cherry, Pinch Of Sugar (D)	Pineapple and apple cake **Ingredients:**, **Wheat Flour (With Calcium, Iron, Niacin, Thiamin)**, **Soya Flour**, Pineapple, Apple, **Butter (Contains: Milk)**, Vegetable Oil, Egg, Pinch Of Sugar, Cinnamon (G) (E) (SB) (D)	Apple and lemon crumble **Ingredients:**, **Wheat Flour (With Calcium, Iron, Niacin, Thiamin)**, **Breadcrumbs (Contains: Gluten)**, Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon (G)	Fresh fruit **Ingredients:**, Fresh Fruit	Peach flapjacks **Ingredients:**, Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, **Porridge Oats (Contains Oat & Gluten)**, Pinch Of Sugar (G)

Allergens Key

- (D) Dairy
- (E) Eggs
- (SB) Soy Beans
- (M) Mustard
- (L) Lupin
- (C) Crustanceans
- (P) Peanuts
- (G) Gluten
- (F) Fish
- (N) Nuts
- (SS) Sesame Seeds
- (M) Mollusc
- (C) Celery
- (SD) Sulphur Dioxide

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