

Monday Tuesday Wednesday **Thursday Friday** Lentil and chickpea dhal Main Vegetarian chilli con carne Butter beans and leeks with Vegetable chowder with Vegetable chow main served with egg free with herby couscous with kidney beans served carrots in a creamy sauce cannellini beans served with basmati rice served with potatoes with yellow rice noodles Ingredients:, Cous Cous (Durum Wheat Semolina -Basmati Rice, Baked Beans Butter Beans, Carrots, Garlic, Basmati Rice, Cannellini Carrots, **Egg Free Noodles** Contains Gluten), Carrots, In Tomato Sauce, Chopped Gluten Free Flour, Gluten Beans, Carrots, Dill, Garden (Wheat Flour (With Calcium Potato, Chick Peas, Tomato Tomatoes, Fajita Seasoning, Free Low Salt Vegetable Peas. Gluten Free Flour. Carbonate, Iron, Niacin, Paste, Onion, Lentils, Garlic, Gluten Free Low Salt Stock (Cornflour, Potato Gluten Free Low Salt Thiamin), Salt, Paprika -Coconut Milk (Coconut Vegetable Stock (Cornflour, Starch, Onion, Carrot, Peas, Vegetable Stock (Cornflour, Contains Gluten), Ginger, Extract, Guar Gum, Xanthan Potato Starch, Onion, Carrot, Tomato Powder, Black Potato Starch, Onion, Carrot, Gluten Free Low Salt Gum), Sunflower Oil, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Peas, Tomato Powder, Black Vegetable Stock (Cornflour, Coriander, Cumin, Curry Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Pepper, Parsley, Turmeric, Potato Starch, Onion, Carrot, Powder (Contains Mustard). Salt), Green Lentils, Ground Lemon Juice, Onion, Salt), Ground Black Pepper, Peas, Tomato Powder, Black Ginger, Ground Black Pepper, Black Pepper, Kidney Beans, Potatoes, Salt, Single Cream Lemon Juice, Onion, Parsley, Pepper, Parsley, Turmeric, Paprika Mixed Herbs - Dried, Mixed (Contains Milk), Smoked Potatoes, Salt, Single Cream Salt), Green Beans, Mixed Peppers, Onion, Smoked Paprika, Sunflower Oil, (Contains Milk), Sunflower Peppers, Mushrooms, Olive 0 Paprika, Sunflower Oil, Tumeric Oil, Sweetcorn, Turmeric Oil, Onion, Red Lentils Sweetcorn **(D) (D)** 0

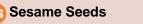
Allergens Key













Mollusc





Peanuts

Dioxide













2/2

Vegetarian Child Lunch - Week 2

Dessert

Date and apple flapjacks

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



Fruit yoghurt

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



Juicy courgette and carrot cake

Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Grated Carrots, Grated Courgette, Butter (Contains: Milk), Vegetable Oil, Egg, Pinch Of Sugar, Maize Starch, Cinnamon, Spice Extracts







Fresh fruit

Ingredients:, Fresh Fruit

Beetroot and chocolate cake

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









Allergens Key



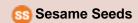
G Gluten



Fish









Mollusc

