

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

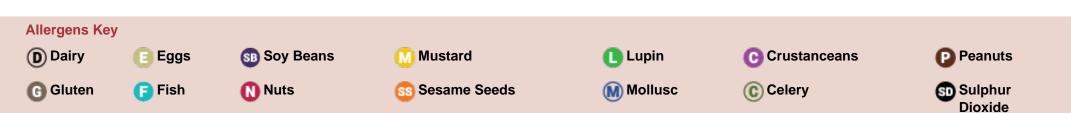
GB FB159 - Vegetarian Child Lunch -Week 2

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	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Ratatouille with chickpeas and parsley rice Ingredients:, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Olive Oil, Basil, Parsley, Thyme, Ground Black Pepper, Garlic	Hungarian bean paprika sauce and mash Ingredients:, Potatoes, Stewpack (Onion, Carrots, Turnip, Swede, Celery), Carrots, Onion, Beans, Single Cream (Contains Milk), Butter (Contains: Milk), Tomato Puree, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper	Hoisin with lentils and rice Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Lentils, Olive Oil, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)	Sweet and sour Asian beans with noodles Ingredients:, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Garlic	Lentil pasta salad with mayo Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mayonnaise (Rapeseed Oil, Water, Vinegar, Egg, Sugar, Salt, Thickener (Xanthan Gum), Sweetcorn, Peppers, Natural Yoghurt (Contains Milk), Lentils, Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper





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Dessert	Blackcurrant and apple cake	Chocolate Muffins	Fresh melon slices	Peach Krispie Bite	Strawberry yoghu	rt
	Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Apple, Blackcurrants, Butter	Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Chocolate Chips, Butter (Contains: Milk), Egg, Pinch Of Sugar, Bicarbonate Of	Ingredients: , Honeydew Melon	Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden	Ingredients:, Natu Yoghurt (Contains Strawberry Puree, Sugar	s Milk),
	(Contains: Milk), Egg, Pinch Of Sugar, Cinnamon	Soda		Syrup G	D	
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