

GB FB159 - Vegetarian Child Lunch -Week 2

	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, Sunflower 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, Sunflower 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	Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Lentils, Sunflower 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, Sunflower Oil, Gluten Free Flour, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Garlic G SB	Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Chopped Tomatoes, Peppers, Sweetcorn, Onion, Lentils, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Basil
Dessert	Blackcurrant and apple cake Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Apple, Blackcurrants, Butter (Contains: Milk), Egg, Pinch Of Sugar, Cinnamon G B B D	Vanilla Rice Pudding Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar D	Fresh melon slices Ingredients:, Honeydew Melon	Peach Krispie Bite Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup G	Strawberry yoghurt Natural Yoghurt (Contains Milk), Strawberry Puree, Pinch Of Sugar D

Allergens Key

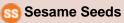










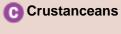








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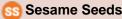


















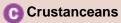














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