

## **GB FB159 - Free from Soya - Adult Lunch - Week 3**

## **Monday Tuesday** Wednesday **Thursday Friday** Lentil and chickpea dhal Roast chicken in Creamy Italian Chicken Pastina Yum Yum Fish pie Main Beef chilli con carne with with herby couscous kidney beans served with sauce with Italian potatoes basmati rice Ingredients:, Pasta (Durum Ingredients:, Potatoes, Wheat Semolina - Contains Garden Peas, Sweetcorn, Ingredients:, Cous Cous Ingredients:, Potatoes, Gluten), Onion, Carrots, Carrots, Fish Mix ( Pollack (Durum Wheat Semolina -Macedoine (Carrot, Swede, Basmati Rice, Baked Beans Fish, Salmon), Onion, Single Contains Gluten), Carrots, Turnip, Peas, Beans), Celery, Wholemeal Bread In Tomato Sauce, Beef Mince, (Wholemeal Wheat Flour, Cream (Contains Milk), Olive Potato, Chick Peas, Tomato Chopped Tomatoes, Carrots, Chopped Tomatoes, Fajita Paste, Onion, Lentils, Chicken Breast, Single Water, Salt, Yeast, Oil, Gluten Free Flour, Lemon Seasoning, Garlic, Gluten Vegetable Oil), Chicken Juice, Dill, Garlic, Ground Coconut Milk (Coconut Free Low Salt Vegetable Cream (Contains Milk), Extract, Guar Gum, Xanthan Gluten Free Flour, Olive Oil, Breast, Olive Oil, Gluten Free Black Pepper Stock (Cornflour, Potato Low Salt Vegetable Stock Gum), Olive Oil, Coriander, Onion, Parsley, Basil, Garlic Starch, Onion, Carrot, Peas, (Cornflour, Potato Starch, Cumin, Curry Powder Tomato Powder, Black **(3** (0) Onion, Carrot, Peas, Tomato (Contains Mustard), Ginger, Pepper, Parsley, Turmeric, **(D)** Ground Black Pepper, Powder, Black Pepper, Salt), Ground Black Pepper, Parsley, Turmeric, Salt), Paprika Kidney Beans, Mixed Herbs -Garlic, Parsley, Turmeric, Dried, Mixed Peppers, Onion, Black Pepper Smoked Paprika, Olive Oil, G M Sweetcorn $\mathbf{G}$

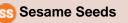
## **Allergens Key**









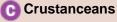




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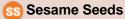














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Dessert

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

Black Cherry yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Black Cherry, Pinch Of 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



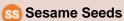
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