

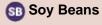
## **GB FB159 - Free from Soya - Adult** Tea - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken nuggets with sweetcorn and jacket potatoes  Ingredients:, Jacket Potatoes, Chicken Nuggets (Chicken, Wheat Flour, Olive Oil, Potato Starch, Yeast), Sweetcorn  G	Oriental chicken with wrap and peas  Ingredients:, Wrap (Contains Wheat, Gluten), Chicken Breast, Garden Peas, Paprika, Garlic, Parsley, Basil, Turmeric	Lentil veggie pasta with red pesto  Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Tomatoes, Lentils, Carrots, Sweetcorn, Onion, Spinach, Celery, Single Cream (Contains Milk), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley  G D C	Fish cakes with carrots and potatoes  Ingredients:, Potatoes, Cod Fillet Fish Cakes (Whitefish, Wheat Flour, Dried Potato, Vegetable Oil, Salt, Onion Powder, Yeast, Parsley, Sugar, Turmeric, Black Pepper, Paprika, Parsley), Carrots, Olive Oil	Rosemary chicken with mixed veggies and garlic bread  Ingredients:, Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika
Dessert	Blackcurrant yoghurt  Ingredients:, Natural Yoghurt (Contains Milk), Blackcurrants, Pinch Of Sugar	Apple and apricot flapjacks  Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar  G	Apple crumble  Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Breadcrumbs (Contains: Gluten), Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon  G	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	Fruit compote  Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

## **Allergens Key**





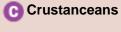








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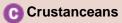














**G** Gluten





