

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

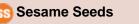
Monday Tuesday Wednesday **Thursday Friday** Lentil and chickpea dhal Beans in Creamy sauce Italian Chickpea Pastina Yum Yum Veggie pie Main Vegetarian chilli con carne with herby couscous with kidney beans served with Italian potatoes with basmati rice Ingredients:, Pasta (Durum Ingredients:, Potatoes,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

Allergens Key



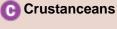








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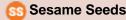




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London

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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



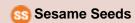
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