

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Veggie nuggets with sweetcorn and jacket potatoes	Oriental chickpea with wrap and peas	Lentil veggie pasta with red pesto	Spinach and cheese fingers with carrots and potatoes	Veggie sausage with mixed veggies and garlic bread
	Ingredients:, Jacket Potatoes, Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Sunflower Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric), Sweetcorn	Ingredients:, Wrap (Contains Wheat, Gluten), Chick Peas, Garden Peas, Paprika, Garlic, Parsley, Basil, Turmeric	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	Potatoes, Spinach And Cheese Fingers (Wheat Flour, Vegetable Oil, Spinach, White Cheese (Milk), Onion, Corn Starch, Salt, Sugar, Red Pepper), Carrots, Garlic, Parsley G D	Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Vegan Sausages (Carrot, Green Pepper, Peas, Potato, Onion, Sweetcorn, Rice, Sunflower Oil, Wheat Flour, Beans, Gram Flour, Salt, Yeast, Sage, Parsley, Sugar, White Pepper, Garlic),
			6 00		Parsley, Basil, Rosemary, Garlic, Paprika
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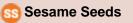
Allergens Key



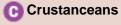














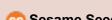
















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Dessert

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



Apple crumble

Ingredients:, Wheat Flour (Contains Gluten), **Breadcrumbs (Contains:** Gluten), Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon



Vegan, soya free cake

Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

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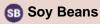
Fruit compote

Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

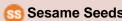
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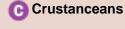








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