

## 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, Olive 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	Ingredients:, Potatoes, Spinach And Cheese Fingers (Wheat Flour, Vegetable Oil, Spinach, White Cheese (Milk), Onion, Corn Starch, Salt, Sugar, Red Pepper), Carrots, Olive Oil, 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, Olive Oil, Wheat Flour, Beans, Gram Flour, Salt, Yeast, Sage, Parsley, Sugar, White Pepper, Garlic)
Blackcurrant yoghurt	Apple and apricot flapjacks	Apple crumble	Vegan, soya free cake	Fruit compote
Ingredients:, Natural Yoghurt (Contains Milk), Blackcurrants, Pinch Of Sugar	Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar	Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Breadcrumbs (Contains: Gluten), Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon	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	Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon
	Veggie nuggets with sweetcorn and jacket potatoes  Ingredients:, Jacket Potatoes, Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Olive Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric), Sweetcorn  G  Blackcurrant yoghurt  Ingredients:, Natural Yoghurt (Contains Milk), Blackcurrants, Pinch Of Sugar	Veggie nuggets with sweetcorn and jacket potatoes  Ingredients:, Jacket Potatoes, Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Olive Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric), Sweetcorn  Blackcurrant yoghurt  Ingredients:, Natural Yoghurt (Contains Milk), Blackcurrants, Pinch Of Sugar  Oriental chickpea with wrap and peas  Ingredients:, Wrap (Contains Wheat, Gluten), Chick Peas, Garden Peas, Paprika, Garlic, Parsley, Basil, Turmeric  G  Apple and apricot flapjacks  Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar	Veggie nuggets with sweetcorn and jacket potatoes  Ingredients:, Jacket Potatoes, Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Olive Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric), Sweetcorn  G  Blackcurrant yoghurt  Ingredients:, Wrap (Contains Wheat, Gluten), Chick Peas, Garden Peas, Paprika, Garlic, Parsley, Basil, Turmeric  G  Ingredients:, Wrap (Contains Wheat, Gluten), Chick Peas, Garden Peas, Paprika, Garlic, Parsley, Basil, Turmeric  G  Ingredients:, Wrap (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  Apple and apricot flapjacks  Ingredients:, Porridge Oats (Contains Milk), Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar  Flavouring, Pinch Of Brown Sugar, Cinnamon  Lentil veggie pasta with red pesto  Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), 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  Ingredients:, Wrap (Contains Milk), Blackcurrant yoghurt  Apple and apricot flapjacks  Ingredients:, Wreat Gluten), Apple crumble  Ingredients:, Wreat Flour (With Calcium, Iron, Niacin, Thiamin), Breadcrumbs (Contains: Gluten), Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon	Veggie nuggets with sweetcorn and jacket potatoes  Ingredients:, Jacket potatoes, Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, Vegetable Oil, Spinach, Calleflower, Potato, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, Yegetable Stock (Cornflour, Pointo, Parsley, Paprika, Turmeric), Sweetcorn  G  Blackcurrant yoghurt Apple, and apricot flapjacks  Ingredients:, Natural Yoghurt (Contains Milk), Blackcurrants, Pinch Of Sugar Yoghurt (Contains Milk), Blackcurrants, Pinch Of Sugar Golden Syrup, Pinch Of Brown Sugar  G  Oriental chickpea with wrap and peas  Lentil veggie pasta with red pesto  Ingredients:, Potatoes, Spinach And Cheese fingers with carrots and potatoes  Wheat Semolina - Contains  Giluten), Tomatoes, Lentils, Carrots, Sweetcorn, Onion, Spinach, Celery, Single Cream (Contains Milk), Gluten Free Low Salt Vegetable Stock (Cornflour, Poats Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley  G  ©  ©  ©  D  Vegan, soya free cake  Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon  G

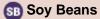
## **Allergens Key**



**G** Gluten



Fish







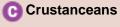






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## **Allergens Key**





