

GB FB159 - Free from Egg - Child Lunch - Week 3

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

Allergens Key



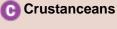






























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Dessert

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



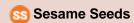
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