

## GB FB159 - Vegetarian Child Tea -Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Gluten free Cauliflower and Broccoli Tots with carrot and cucumber and baby potatoes  Ingredients:, Potatoes, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Cucumber, Carrots, Olive Oil, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary	Lentil pasta salad with mixed veggies  Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Cumin, Coriander, Basil	Veggie nuggets with grated carrots and garlic bread  Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Olive Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric), Grated Carrots  G	Paprika chickpea couscous salad  Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Chick Peas, Cucumber, Lettuce, Sweetcorn, Carrots, Tumeric, Basil, Parsley, Ground Black Pepper, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt)  G	Gluten free Cauliflower and Broccoli Tots with baked beans and potatoes  Ingredients:, Potatoes, Baked Beans In Tomato Sauce, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Olive Oil, Rosemary
Dessert	Cherry yoghurt  Ingredients:, Natural Yoghurt (Contains Milk), Cherry, Pinch Of Sugar  D	Pineapple and apple cake  Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Pineapple, Apple, Butter (Contains: Milk), Vegetable Oil, Egg, Pinch Of Sugar, Cinnamon  G	Apple and lemon crumble  Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Breadcrumbs (Contains: Gluten), Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Fresh fruit  Ingredients:, Fresh Fruit	Peach flapjacks  Ingredients:, Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, Porridge Oats (Contains Oat & Gluten), Pinch Of Sugar

## **Allergens Key**

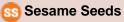














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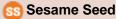
















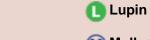
















Peanuts

Dioxide







