

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

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

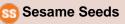
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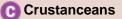






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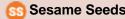














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Dessert

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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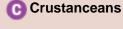








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