

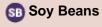
GB FB159 - Free From Dairy & Egg -**Child Lunch - Vegetarian - Week 3**

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|--|--|---|--|--|
| Main | Lentil and chickpea dhal with herby couscous Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Potato, Chick Peas, Tomato Paste, Onion, Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Coriander, Cumin, Curry Powder (Contains Mustard), Ginger, Ground Black Pepper, Paprika | Vegetarian chilli con carne with kidney beans served with basmati rice Basmati Rice, Baked Beans In Tomato Sauce, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Green Lentils, Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Smoked Paprika, Sunflower Oil, Sweetcorn | Beans in Creamy sauce with Italian potatoes Ingredients:, Potatoes, Macedoine (Carrot, Swede, Turnip, Peas), Chopped Tomatoes, Carrots, Beans, Gluten Free Flour, Sunflower Oil, Onion, Parsley, Basil, Garlic | Veggie pasta bake with chickpea and carrot sauce Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Carrots, Onion, Chick Peas, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Parsley, Turmeric, Paprika, Ground Black Pepper | Yum Yum Fish pie Ingredients:, Potatoes, Garden Peas, Sweetcorn, Carrots, Fish Mix (Pollack Fish, Salmon), Onion, Sunflower Oil, Gluten Free Flour, Lemon Juice, Dill, Garlic, Ground Black Pepper |
| Dessert | Lemon and apple flapjacks with raisins Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Lemon, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar | Apple and cinnamon cake Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Apple, Butter (Contains: Milk), Egg, Pinch Of Sugar, Cinnamon G | Forest fruit compote Ingredients:, Apple, Peach, Pear, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon | Fruit compote Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, 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 |

Allergens Key

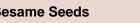






















Peanuts











