

GB FB159 - Free From Dairy & Egg -**Adult Tea - Standard - Week 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken nuggets with sweetcorn and jacket potatoes Ingredients:, Jacket Potatoes, Chicken Nuggets (Contains: Gluten), Chicken, Wheat Flour, Sunflower Oil, Potato Starch, Yeast, Sweetcorn G	Oriental chicken with wrap and peas Ingredients:, Wrap (Contains Wheat, Gluten), Chicken Breast, Garden Peas, Paprika, Garlic, Parsley, Basil, Turmeric G	Lentil veggie pasta with red pesto DF Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Tomatoes, Lentils, Carrots, Onion, Spinach, Celery, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley G ©	Fish cakes with carrots and potatoes Ingredients:, Potatoes, Cod Fillet Fish Cakes (Whitefish, Wheat Flour, Dried Potato, Vegetable Oil, Salt, Onion Powder, Yeast, Parsley, Sugar, Turmeric, Black Pepper, Paprika, Parsley), Carrots G F	Rosemary chicken with mixed veggies and garlic bread Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika
Dessert	Fruit compote Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Apple and apricot flapjacks Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar G	Apple crumble Ingredients:, Wheat Flour (Contains Gluten), Breadcrumbs (Contains: Gluten), Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, 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	Fruit compote Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

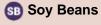
Allergens Key



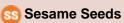
G Gluten



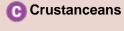
Fish















Peanuts



