

## **GB FB159 - Free from Soya - Adult** Lunch - Week 2.

## **Monday** Tuesday Wednesday **Thursday Friday** Ratatouille with chickpeas Hungarian beef paprika Hoisin Chicken with rice Sweet and sour Asian Tuna pasta salad with Main chicken with noodles and parsley rice sauce and mash sweetcorn and peppers Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Ingredients:, Basmati Rice, Ingredients:, Potatoes, Ingredients:, Egg Free Ingredients:, Pasta (Durum Sauce, Onion, Courgettes, Ratatouille (Courgette, Stewpack (Onion, Carrots, Noodles (Wheat Flour (With Wheat Semolina - Contains Garden Peas, Chicken Tomatoes, Green Pepper, Turnip, Swede, Celery), Calcium Carbonate, Iron, Gluten), Sweetcorn, Peppers, Breast, Olive Oil Red Pepper, Onion, Carrots, Onion, Beef Mince, Niacin, Thiamin), Salt, **Tuna Chunks (Contains** Aubergine), Carrots, Chopped **Single Cream (Contains** Paprika - Contains Gluten), Fish), Lemon Juice, Olive Oil, Cabbage, Carrots, Onion, Tomatoes, Chick Peas, Milk), Butter (Contains: Parsley, Garlic, Dill, Black Tomato Puree, Onion, Olive Milk), Tomato Puree, Olive Mushrooms, Plum Sauce, Pepper Oil, Basil, Parsley, Thyme, Oil, Gluten Free Low Salt Olive Oil, Gluten Free Flour, Ground Black Pepper, Garlic Vegetable Stock (Cornflour, Garlic **G** 🔁 Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black 0 Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper (D)(C)

## **Allergens Key**





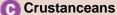
























**Sesame Seeds** 









## **GB FB159 - Free from Soya - Adult** Lunch - Week 2.

Dessert

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



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



Apple and peach compote

Ingredients:, Apple, Peach, Vanilla Flavouring, Cinnamon Peach Krispie Bite

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Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup



Strawberry yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Strawberry Puree, Pinch Of Sugar



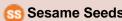
**Allergens Key** 













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