

GB FB159 - Regular Child Lunch Week One

Monday Tuesday Wednesday **Thursday Friday** Lentil and chickpea dhal Chicken and Leeks with Chicken tikka masala Main Beef tagine with herby Tuna pasta bake with with basmati rice couscous Roasted potatoes sweetcorn served with basmati rice Ingredients:, Basmati Rice, Ingredients:, Cous Cous Ingredients:, Potatoes, Ingredients:, Basmati Rice, Ingredients:, Egg Free Carrots, Potato, Chick Peas, (Durum Wheat Semolina -Carrots, Leeks, Mushrooms, Fusilli (Durum Wheat Chopped Tomatoes, Carrots, Tomato Paste, Onion, Lentils, Onion. Tomato Paste. **Semolina - Contains** Chicken Breast, Onion. Contains Gluten), Onion, Coconut Milk (Coconut Beef Mince, Carrots, Green Chicken Breast, Balsamic Gluten), Chopped Tomatoes, Single Cream (Contains Extract. Guar Gum. Xanthan Beans, Single Cream Vinegar (Red Wine Vinegar, Tomato Paste, Carrots, Tuna Milk), Sunflower Oil, Korma Gum), Sunflower Oil, (Contains Milk), Dill, Garlic, Grape Must, Caramel, Chunks (Contains Fish), Curry Paste, Tomato Purée, Coriander, Cumin, Curry Gluten Free Flour, Lemon Sulphite), Gluten Free Low Sweetcorn, Onion, Grated Coconut, Rapeseed Oil, Powder (Contains Mustard). Juice, Gluten Free Low Salt Salt Vegetable Stock **Cheddar Cheese (Contains** Cumin, Coriander, Garlic, Ginger, Ground Black Pepper, Vegetable Stock (Cornflour, (Cornflour, Potato Starch, Milk), Sunflower Oil, Ginger, Turmeric, Xanthan Paprika Potato Starch, Onion, Carrot, Onion, Carrot, Peas, Tomato Balsamic Vinegar (Red Gum, Cardamom, Mango Peas, Tomato Powder, Black Powder, Black Pepper, Wine Vinegar, Grape Must, Chutney, Mango, Sugar, Pepper, Parsley, Turmeric, Parsley, Turmeric, Salt), Caramel, Sulphite), Gluten Vinegar, Salt, Chilli Powder, M Salt), Bay Leaves, Mixed Ground Black Pepper, Basil, Ginger Powder, Garlic Free Low Salt Vegetable Herbs - Dried, Ground Black Garlic Stock (Cornflour, Potato Powder, Turmeric Powder, Gluten Free Low Salt Pepper, Turmeric Starch, Onion, Carrot, Peas, Tomato Powder, Black Vegetable Stock (Cornflour, Pepper, Parsley, Turmeric, Potato Starch, Onion, Carrot, **G D** Peas, Tomato Powder, Black Salt), Garlic, Italian Seasoning Pepper, Parsley, Turmeric, Salt), Coriander, Garam G 🔁 (D) வ Masala, Garlic, Ginger **(D)**

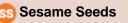
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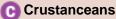














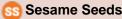














Created by The Yum Yum Food Company

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Dessert

YUMYUM food company London

Chocolate and cinnamon flapjacks

Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar, Cocoa Powder, Cinnamon

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Fresh fruit selection

Ingredients:, Seasonal Fresh Fruit Pieces

Marble Cake

Ingredients:, Wheat Flour (Contains Gluten), Butter (Contains: Milk), Egg, Gluten Free Baking Powder, Pinch Of Sugar, Dark Chocolate Chips, Vanilla







Fruit yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar



Butternut Squash Cake

Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Butternut Squash, Vegetable Oil, Golden Syrup, Egg, Pinch Of Sugar, Gluten Free Baking Powder







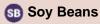


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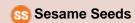


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