

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

Tuesday Wednesday **Thursday Friday** Monday Lentil and chickpea dhal Beans and Leeks with Tikka masala with beans Main Chickpea tagine with herby Vegan pasta bake with with basmati rice couscous Roasted potatoes sweetcorn and chickpeas 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, Beans, **Semolina - Contains** Beans, Onion, Coconut Milk Contains Gluten), Onion, Coconut Milk (Coconut Chick Peas, Carrots, Green Balsamic Vinegar (Red Gluten), Chopped Tomatoes, (Coconut Extract, Guar Gum, Extract. Guar Gum. Xanthan Beans, Coconut Milk Wine Vinegar, Grape Must, Tomato Paste, Carrots, Chick Xanthan Gum), Sunflower Oil, Gum), Sunflower Oil, (Coconut Extract, Guar Gum, Caramel, Sulphite), Gluten Peas, Sweetcorn, Onion, Korma Curry Paste, Tomato Coriander, Cumin, Curry Xanthan Gum), Dill, Garlic, Free Low Salt Vegetable Sunflower Oil, Balsamic Purée, Coconut, Rapeseed Powder (Contains Mustard). Gluten Free Flour, Lemon Stock (Cornflour, Potato Vinegar (Red Wine Vinegar, Oil, Cumin, Coriander, Garlic, Ginger, Ground Black Pepper, Juice, Gluten Free Low Salt Starch, Onion, Carrot, Peas, Grape Must, Caramel, Ginger, Turmeric, Xanthan Vegetable Stock (Cornflour, Tomato Powder, Black Sulphite), Gluten Free Low Gum, Cardamom, Mango Paprika Potato Starch, Onion, Carrot, Pepper, Parsley, Turmeric, Salt Vegetable Stock Chutney, Mango, Sugar, Salt), Ground Black Pepper, Peas, Tomato Powder, Black (Cornflour, Potato Starch, Vinegar, Salt, Chilli Powder, M Pepper, Parsley, Turmeric, Basil, Garlic Onion, Carrot, Peas, Tomato Ginger Powder, Garlic Salt), Bay Leaves, Mixed Powder, Black Pepper, Powder, Turmeric Powder, Herbs - Dried, Ground Black Gluten Free Low Salt Parsley, Turmeric, Salt), Pepper, Turmeric Garlic, Italian Seasoning Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black G G sd Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger

Allergens Key













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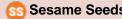












The Yum Yum Food Company London
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Dessert

Vegan, sova free cake Chocolate and cinnamon Fresh fruit selection Vegan, soya free cake Fresh fruit flapjacks Ingredients:, Fresh Fruit Ingredients:, Wheat Flour Ingredients:, Seasonal Fresh Ingredients:, Wheat Flour Fruit Pieces (Contains Gluten), Apple, (Contains Gluten), Apple, Ingredients:, Porridge Oats Peach, Pear, Dairy Free Peach, Pear, Dairy Free (Contains Oat & Gluten), Margarine, Pinch Of Brown Margarine, Pinch Of Brown Apple, Dairy Free Margarine, Sugar, Gluten Free Baking Sugar, Gluten Free Baking Golden Syrup, Pinch Of Powder, Bicarbonate Of Powder, Bicarbonate Of Brown Sugar, Cocoa Powder, Soda, Cinnamon Soda, Cinnamon Cinnamon 0 0 0

Allergens Key





















