

GB FB159 - Free From Dairy - Child Tea - Standard - Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket potatoes with Tuna mayo and sweetcorn Ingredients:, Potatoes, Mayonnaise (Rapeseed Oil, Egg Spirit Vinegar, Sugar, Salt, Lemon Juice Flavouring, Paprika - Contains Eggs), Sweetcorn, Tuna Chunks (Contains Fish), Mustard, Olive Oil, Rosemary, Garlic	Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Peppers, Carrots, Sweetcorn, Onion, Chicken Breast, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper	Chickpea Couscous Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Mixed Peppers, Chick Peas, Sweetcorn, Onion, Olive Oil, Lemon Juice, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper, Parsley, Paprika G	Garlic bread with roasted chicken and fresh vegetables Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Cucumber, Tomatoes, Lettuce, Chicken Breast, Olive Oil, Lemon Juice, Coriander, Cumin, Garlic, Ground Black Pepper, Mixed Herbs - Dried, Paprika, Parsley, Basil	Jacket potatoes with baked beans and veggie nuggets Ingredients:, Jacket Potatoes, Baked Beans In Tomato Sauce, Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Sunflower Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric) G
Dessert	Fruit compote Ingredients:, Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar	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	Stewed apples and raisins Ingredients:, Apple, Raisin, Cinnamon, Vanilla, Pinch Of Sugar	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	Fresh fruit Ingredients:, Fresh Fruit

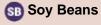
Allergens Key



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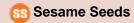


Fish













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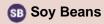




Allergens Key













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