

GB FB159 - Free From Gluten - Child **Lunch - Standard - Week One**

Monday Tuesday Wednesday **Thursday** Friday Lentil and chickpea dhal Beef tagine with basmati Chicken and Leeks with Tuna pasta bake with Chicken tikka masala Main with basmati rice rice Roasted potatoes sweetcorn served with basmati rice Ingredients:, Basmati Rice, Ingredients:, Basmati Rice, Ingredients:, Potatoes, Ingredients:, Gluten Free Ingredients:, Basmati Rice, Carrots, Potato, Chick Peas, Onion, Beef Mince, Carrots, Carrots, Leeks, Mushrooms, Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Carrots, Tomato Paste, Onion, Lentils, Green Beans, Single Cream Onion. Tomato Paste. Chopped Tomatoes, Tomato Chicken Breast, Onion. Coconut Milk (Coconut (Contains Milk), Dill, Garlic, Chicken Breast, Balsamic Paste, Carrots, Tuna Chunks Single Cream (Contains Extract. Guar Gum. Xanthan Gluten Free Flour, Lemon Vinegar (Red Wine Vinegar, (Contains Fish), Sweetcorn, Milk), Sunflower Oil, Korma Gum), Sunflower Oil, Juice, Gluten Free Low Salt Grape Must, Caramel, Onion, Grated Cheddar Curry Paste, Tomato Purée, Coriander, Cumin, Curry Vegetable Stock (Cornflour, Sulphite), Gluten Free Low Coconut, Rapeseed Oil, Cheese (Contains Milk), Powder (Contains Mustard). Potato Starch, Onion, Carrot, Salt Vegetable Stock Sunflower Oil, Balsamic Cumin, Coriander, Garlic, Ginger, Ground Black Pepper, Peas, Tomato Powder, Black (Cornflour, Potato Starch, Ginger, Turmeric, Xanthan Vinegar (Red Wine Vinegar, Paprika Pepper, Parsley, Turmeric, Onion, Carrot, Peas, Tomato Grape Must, Caramel, Gum, Cardamom, Mango Salt), Bay Leaves, Mixed Powder, Black Pepper, Sulphite), Gluten Free Low Chutney, Mango, Sugar, Herbs - Dried, Ground Black Parsley, Turmeric, Salt), Salt Vegetable Stock Vinegar, Salt, Chilli Powder, M Ground Black Pepper, Basil, Ginger Powder, Garlic Pepper, Turmeric (Cornflour, Potato Starch, Garlic Onion, Carrot, Peas, Tomato Powder, Turmeric Powder, Gluten Free Low Salt Powder, Black Pepper, **(D)** Parsley, Turmeric, Salt), Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Garlic, Italian Seasoning Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, **6 0 9** Salt), Coriander, Garam Masala, Garlic, Ginger **(D)**

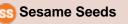
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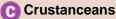






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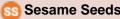












The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

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Dessert

Gluten & soya free Vegan cake

Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

Fresh fruit selection

Ingredients:, Seasonal Fresh Fruit Pieces

Gluten & soya free Vegan cake

Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

Fresh fruit

Ingredients:, Fresh Fruit

Gluten & soya free Vegan cake

Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

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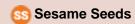
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Fish









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