

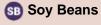
GB FB159 - Free From Gluten - Child Tea - Standard - Week One

	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	Chicken pasta salad Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), 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 rice Ingredients:, Basmati Rice, 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	Potatoes with roasted chicken and fresh vegetables with garlic yoghurt dip Ingredients:, Potatoes, Cucumber, Tomatoes, Lettuce, Chicken Breast, Natural Yoghurt (Contains Milk), Olive Oil, Lemon Juice, Coriander, Cumin, Garlic, Ground Black Pepper, Mixed Herbs - Dried, Paprika, Parsley, Basil	Jacket potatoes with baked beans and cheese Ingredients:, Jacket Potatoes, Baked Beans In Tomato Sauce, Grated Cheddar Cheese (Contains Milk)
Dessert	Fresh fruit 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	Stewed apples and raisins Ingredients:, Apple, Raisin, Cinnamon, Vanilla, Pinch Of Sugar	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	Cherry yoghurt Ingredients:, Natural Yoghurt (Contains Milk), Cherry, Pinch Of Sugar D

Allergens Key













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