

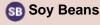
## GB FB159 - Free From Gluten - Child **Lunch - Vegetarian - Week One**

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

## **Allergens Key**

















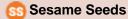














The Yum Yum Food Company London Created by The Yum Yum Food Company London

## GB FB159 - Free From Gluten - Child Lunch - Vegetarian - Week One

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

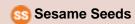
**Allergens Key** 













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