

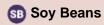
Free From Egg - Child Lunch -**Standard - Week One**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Lentil and chickpea dhal with basmati rice	Beef tagine with herby couscous	Chicken and Leeks with Roasted potatoes	Tuna pasta bake with sweetcorn	Chicken tikka masala served with basmati rice
	Basmati Rice, Carrots, Chick Peas, Coconut Milk, Coriander, Cumin, Curry Powder, Ginger, Ground Black Pepper, Lentils, Onion, Paprika, Potato, Salt, Sunflower Oil, Tomato Paste	Bay Leaves, Beef Mince, Carrots, Chick Peas, Cous Cous (Contains Gluten), Dill, Garlic, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Green Beans, Ground Black Pepper, Lemon Juice, Mixed Herbs - Dried, Onion, Salt, Single Cream (Contains Milk), Turmeric	Balsamic Vinegar, Basil, Carrots, Chicken Breast, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Leeks, Mushrooms, Onion, Potatoes, Sugar, Tomato Paste	Balsamic Vinegar, Carrots, Chopped Tomatoes, Egg Free Fusilli (Contains Gluten), Garlic, Gluten Free Low Salt Vegetable Stock, Grated Cheddar Cheese (Contains Milk), Italian Seasoning, Onion, Salt, Sugar, Sunflower Oil, Sweetcorn, Tomato Paste, Tuna Chunks (Contains Fish)	Basmati Rice, Carrots, Chicken Breast, Chopped Tomatoes, Coriander, Garam Masala, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock, Korma Curry Paste, Mango Chutney, Onion, Single Cream (Contains Milk), Sunflower Oil
Dessert	Chocolate and cinnamon flapjacks Apple, Brown Sugar, Cinnamon, Cocoa Powder, Dairy Free Margarine, Golden Syrup, Porridge Oats (Contains Oat & Gluten)	Fresh fruit selection Seasonal Fresh Fruit Pieces	Vegan, soya free cake Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)	Fruit yoghurt Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar	Vegan, soya free cake Brown Sugar, Cinnamon, Dairy Free Margarine, Gluten Free Baking Powder, Peach, Pear, Salt, Sugar, Wheat Flour (Contains Gluten)

Allergens Key















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