

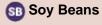
GB FB159 - Free From Dairy & Egg -Child Tea - Vegetarian - Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket potatoes with chickpea and sweetcorn Ingredients:, Potatoes, Chick Peas, Sweetcorn, Olive Oil, Rosemary, Parsley, Garlic Powder	Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Peppers, Carrots, Sweetcorn, Onion, Lentils, 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	Garlic bread with roasted beans and fresh vegetables Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Cucumber, Tomatoes, Lettuce, Mixed Beans, Olive Oil, Lemon Juice, 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





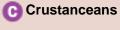














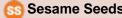














Allergens Key













