

Free From Gluten & Dairy & Soya & Egg - Adult Lunch - Standard - Week

Tuesday Wednesday **Thursday Friday** Monday Lentil and chickpea dhal Chicken and Leeks with Tuna pasta bake with Chicken tikka masala Main Beef tagine with basmati 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, Coconut Milk Onion. Tomato Paste. Chopped Tomatoes, Tomato Chicken Breast, Onion. Coconut Milk (Coconut (Coconut Extract, Guar Gum, Chicken Breast, Balsamic Paste, Carrots, Tuna Chunks Coconut Milk (Coconut Extract. Guar Gum. Xanthan Xanthan Gum), Dill, Garlic, Vinegar (Red Wine Vinegar, (Contains Fish), Sweetcorn, Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Gluten Free Flour, Lemon Grape Must, Caramel, Onion, Sunflower Oil, Gum), Sunflower Oil, Korma Coriander, Cumin, Curry Juice, Gluten Free Low Salt Sulphite), Gluten Free Low Curry Paste, Tomato Purée, Balsamic Vinegar (Red Powder (Contains Mustard). Vegetable Stock (Cornflour, Salt Vegetable Stock Wine Vinegar, Grape Must, Coconut, Rapeseed Oil, Ginger, Ground Black Pepper, Potato Starch, Onion, Carrot, (Cornflour, Potato Starch, Caramel, Sulphite), Gluten Cumin, Coriander, Garlic. Paprika Peas, Tomato Powder, Black Onion, Carrot, Peas, Tomato Free Low Salt Vegetable Ginger, Turmeric, Xanthan Pepper, Parsley, Turmeric, Powder, Black Pepper, Stock (Cornflour, Potato Gum, Cardamom, Mango Salt), Bay Leaves, Mixed Parsley, Turmeric, Salt), Starch, Onion, Carrot, Peas, Chutney, Mango, Sugar, M Herbs - Dried, Ground Black Ground Black Pepper, Basil, Vinegar, Salt, Chilli Powder, Tomato Powder, Black Pepper, Turmeric Garlic Pepper, Parsley, Turmeric, Ginger Powder, Garlic Powder, Turmeric Powder, Salt), Garlic, Italian Seasoning Gluten Free Low Salt Vegetable Stock (Cornflour, **(3)** € Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger

Allergens Key













Mollusc





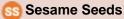












The Yum Yum Food Company London Created by The Yum Yum Food Company London

Free From Gluten & Dairy & Soya & Egg - Adult Lunch - Standard - Week

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

Ingredients:, Seasonal Fresh Fruit Pieces

Fresh fruit selection

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

Gluten & Soya free Vegan cake

Ingredients:, Fresh Fruit

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

Allergens Key

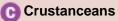














Peanuts

G Gluten





