

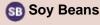
Free From Dairy - Adult Lunch -Standard - Week One

Monday Tuesday Wednesday **Thursday** Friday Chicken and Leeks with Chicken tikka masala Main Lentil and chickpea dhal Beef tagine with herby Tuna pasta bake with with basmati rice couscous Roasted potatoes sweetcorn served with basmati rice Ingredients:, Basmati Rice, Ingredients:, Cous Cous Ingredients:, Potatoes, Ingredients:, Basmati Rice, Ingredients:, Egg Free Carrots, Potato, Chick Peas, (Durum Wheat Semolina -Carrots, Leeks, Mushrooms, Fusilli (Durum Wheat Chopped Tomatoes, Carrots, Tomato Paste, Onion, Lentils, Contains Gluten), Onion, Onion. Tomato Paste. **Semolina - Contains** Chicken Breast, Onion. Coconut Milk (Coconut Beef Mince, Carrots, Green Chicken Breast, Balsamic Gluten), Chopped Tomatoes, Coconut Milk (Coconut Extract. Guar Gum. Xanthan Beans, Coconut Milk Tomato Paste, Carrots, Tuna Vinegar (Red Wine Vinegar, Extract, Guar Gum, Xanthan Gum), Sunflower Oil, (Coconut Extract, Guar Gum, Grape Must, Caramel, Chunks (Contains Fish), Gum), Sunflower Oil, Korma Coriander, Cumin, Curry Xanthan Gum), Dill, Garlic, Sulphite), Gluten Free Low Sweetcorn, Onion, Sunflower Curry Paste, Tomato Purée, Powder (Contains Mustard). Gluten Free Flour, Lemon Salt Vegetable Stock Oil, Balsamic Vinegar (Red Coconut, Rapeseed Oil, Ginger, Ground Black Pepper, Juice, Gluten Free Low Salt (Cornflour, Potato Starch, Wine Vinegar, Grape Must, Cumin, Coriander, Garlic. Paprika Vegetable Stock (Cornflour, Onion, Carrot, Peas, Tomato Caramel, Sulphite). Gluten Ginger, Turmeric, Xanthan Potato Starch, Onion, Carrot, Powder, Black Pepper, Free Low Salt Vegetable Gum, Cardamom, Mango Peas, Tomato Powder, Black Parsley, Turmeric, Salt), Stock (Cornflour, Potato Chutney, Mango, Sugar, M Pepper, Parsley, Turmeric, Ground Black Pepper, Basil, Vinegar, Salt, Chilli Powder, Starch, Onion, Carrot, Peas, Tomato Powder, Black Salt), Bay Leaves, Mixed Garlic Ginger Powder, Garlic Herbs - Dried, Ground Black Powder, Turmeric Powder, Pepper, Parsley, Turmeric, Pepper, Turmeric Salt), Garlic, Italian Seasoning Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, G **G** 🔁 🕄 Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger

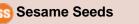
Allergens Key















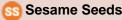
















Created by The Yum Yum Food Company London

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Dessert

Chocolate and cinnamon flapjacks

Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar, Cocoa Powder, Cinnamon

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Fresh fruit selection

Ingredients:, Seasonal Fresh Fruit Pieces

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

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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



Allergens Key



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Fish









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