

Free From Dairy - Adult Lunch - Vegetarian - Week One

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

Allergens Key





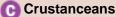






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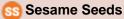














London

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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



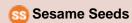
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