

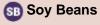
## Free From Dairy - Adult Tea -**Vegetarian - Week One**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket potatoes with chickpea and sweetcorn  Ingredients:, Potatoes, Chick Peas, Sweetcorn, Olive Oil, Rosemary, Parsley, Garlic Powder	Lentil pasta salad  Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Peppers, Carrots, Sweetcorn, Onion, Lentils, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch,	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	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,	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
		Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper	(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, Ground Black Pepper, Mixed Herbs - Dried, Paprika, Parsley, Basil	Flour,yeast, Salt, Sunflower Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric)
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**







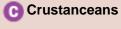






Mollusc







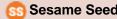














## **Allergens Key**





















