Free From Gluten - Adult Lunch - Standard - Week One

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

Allergens Key

D Dairy	E Eggs	SB Soy Beans	M Mustard	L Lupin	C Crustanceans	P Peanuts
G Gluten	F Fish	N Nuts	SS Sesame Seeds	M Mollusc	C Celery	SD Sulphur Dioxide

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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	Fresh fruit selection **Ingredients:**, Seasonal Fresh Fruit Pieces	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 **Ingredients:**, Fresh Fruit	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

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