

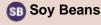
Free From Egg - Adult Lunch -Standard - Week One

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

Allergens Key

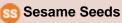








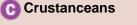








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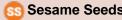
















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Dessert

Chocolate and cinnamon flapjacks

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



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



Fruit yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, 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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