

Free From Egg - 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 Vegetarian 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, Single Cream Contains Gluten), Onion, Coconut Milk (Coconut Chick Peas, Carrots, Green Balsamic Vinegar (Red Gluten), Chopped Tomatoes, (Contains Milk), Sunflower Extract, Guar Gum, Xanthan Wine Vinegar, Grape Must, Tomato Paste, Carrots, Chick Oil, Korma Curry Paste, Beans, Single Cream Gum), Sunflower Oil, (Contains Milk), Dill, Garlic, Caramel, Sulphite), Gluten Peas, Sweetcorn, Onion, Tomato Purée, Coconut, Coriander, Cumin, Curry Gluten Free Flour, Lemon Free Low Salt Vegetable **Grated Cheddar Cheese** Rapeseed Oil, Cumin, Powder (Contains Mustard). Juice, Gluten Free Low Salt Stock (Cornflour, Potato (Contains Milk), Sunflower Coriander, Garlic, Ginger, Ginger, Ground Black Pepper, Vegetable Stock (Cornflour, Starch, Onion, Carrot, Peas, Oil, Balsamic Vinegar (Red Turmeric, Xanthan Gum. Potato Starch, Onion, Carrot, Tomato Powder, Black Wine Vinegar, Grape Must, Cardamom, Mango Chutney, Paprika Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Caramel, Sulphite), Gluten Mango, Sugar, Vinegar, Salt, Salt), Ground Black Pepper, Pepper, Parsley, Turmeric, Free Low Salt Vegetable Chilli Powder, Ginger Powder, M Salt), Bay Leaves, Mixed Basil, Garlic Garlic Powder, Turmeric Stock (Cornflour, Potato Herbs - Dried, Ground Black Starch, Onion, Carrot, Peas, Powder, Gluten Free Low Salt Pepper, Turmeric Tomato Powder, Black Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot. Pepper, Parsley, Turmeric, Peas, Tomato Powder, Black Salt), Garlic, Italian Seasoning **G D** Pepper, Parsley, Turmeric, Salt), Coriander, Garam **G D SD** Masala, Garlic, Ginger **(D)**

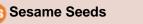
Allergens Key





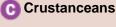








Mollusc





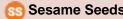














London

Free From Egg - Adult Lunch -**Vegetarian - Week One**

Dessert

Chocolate and cinnamon flapjacks

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

0

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

0

Fruit yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar



Vegan, soya free cake

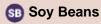
Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



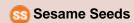
Allergens Key













Mollusc

