

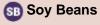
## Free From Egg- Adult Tea -**Vegetarian - Week One**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Baby new potatoes with grated cheese and sweetcorn  Ingredients:, Potatoes, Sweetcorn, Grated Cheddar Cheese (Contains Milk), Olive Oil, Rosemary, Parsley, Garlic	Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Peppers, Carrots, Sweetcorn, Onion, Lentils, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper	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 (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 bread with roasted beans and fresh vegetables with garlic yoghurt dip  Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Cucumber, Tomatoes, Lettuce, Beans, Natural Yoghurt (Contains Milk), Olive Oil, Lemon Juice, Coriander, Cumin, Garlic, Ground Black Pepper, Mixed Herbs - Dried, Paprika, Parsley, Basil	Jacket potatoes with baked beans and cheese  Ingredients:, Jacket Potatoes, Baked Beans In Tomato Sauce, Grated Cheddar Cheese (Contains Milk)  D
Dessert	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	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	Cherry yoghurt  Ingredients:, Natural Yoghurt (Contains Milk), Cherry, Pinch Of Sugar   D

## **Allergens Key**

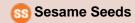






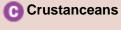




























## **Allergens Key**





















