

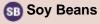
GB FB159 - Free From Gluten - Child Lunch - Vegetarian - Week 2

Ratatouille with chickpeas and parsley rice Ingredients:, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Rod Pepper, Carrots, Onion, Deans, Single Crammic (Contains Milk), Tomato Puree, Onion, Olive Oil, Basil, Parsley, Tymme, Ground Black Pepper, Basil, Smoked Papika, Currin, Bay Leaves, Garlic, Ground Black Pepper Bussert Gluten & soya free Vegan cake Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Darry Free Margartine, Pinch Oil Brown Sugar, Gluten Free Baking Powder, Blicarbonate Of Soda, Clinnamon Of Soda, Clinnamon Of Soda, Clinnamon Ratatouille with chickpeas and parsley growed and sauce and mash Hungarian bean paprika sauce and mash Hoisin with lentils and rice Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Sauce, Olion, Courgeties, Gardine Peas, Lortils, Oilve Oil, Gutten Free Pasta (Cornflour, Rice Flour), Carbosa, Plum Sauce, Colive Oil, Gutten Free Pasta (Cornflour, Rice Flour), Mushrooms, Plum Sauce, Goybeans, Sait, Spritt Vinegar Contains Soya) Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper © © Gluten & soya free Vegan cake Gluten & soya free Vegan cake Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margartine, Pinch Oil Brown Sugar, Gluten Free Baking Powder, Blackpowder, Oil Scoda, Clinnamon Of Soda, Clinnamon Of Soda, Clinnamon Of Soda, Clinnamon Of Soda, Clinnamon		Monday	Tuesday	Wednesday	Thursday	Friday
cake cake lngredients:, Honeydew lngredients:, Fresh Fruit Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate cake Ingredients:, Honeydew Ingredients:, Gluten Free Melon Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Baking Powder, Bicarbonate	Main	and parsley rice Ingredients:, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Olive Oil, Basil, Parsley, Thyme,	Ingredients:, Potatoes, Stewpack (Onion, Carrots, Turnip, Swede, Celery), Carrots, Onion, Beans, Single Cream (Contains Milk), Butter (Contains: Milk), Tomato Puree, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper	Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Lentils, Olive Oil, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)	beans with gluten free pasta Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Garlic	mayo Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Mayonnaise (Rapeseed Oil, Water, Vinegar, Egg, Sugar, Salt, Thickener (Xanthan Gum), Sweetcorn, Peppers, Natural Yoghurt (Contains Milk), Lentils, Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper
	Dessert	cake Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate	Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate	Ingredients:, Honeydew	Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate	

Allergens Key







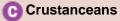


Mustard























Sesame Seeds





Allergens Key





