GB FB159 - Free From Gluten & Dairy & Soya & Egg - Child Lunch -

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Root vegetable Casserole served with basmati rice **Ingredients:**, Basmati Rice, Carrots, Potatoes, Turnips, Swedes, Onion, **Celery**, Garden Peas, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Gluten Free Flour, Ground Black Pepper, Mixed Herbs - Dried, Parsley, Rosemary, Thyme, Turmeric C	Veggie Milano Macaroni **Ingredients:**, Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Carrots, Turnips, Swedes, Onion, **Celery**, Garden Peas, Mushrooms, Parsnips, Green Lentils, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Basil, Garlic, Ground Black Pepper, Oregano C	Italian ragu with spinach and beans served with basmati rice **Ingredients:**, Basmati Rice, Chopped Tomatoes, Carrots, Garden Peas, Spinach, Beans, Onion, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Basil, Garlic	Beans & cauliflower sauce with potatoes Potatoes, Cauliflower, Courgettes, Beans, Sweetcorn, Onion, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Vinegar, Dill, Garlic	Vegetable pasta bake in a rich tomato sauce with sweetcorn Gluten Free Pasta (Cornflour, Rice Flour), Chopped Tomatoes, Carrots, Sweetcorn, Red Lentils, Onion, Sunflower Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), **Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite)**, Basil, Garlic SD
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	Gluten free Date and Raisin Granola with Coconut milk Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Date, Gluten Free Oat Flakes, Golden Syrup, Raisins, Sunflower Oil	Fresh orange slices **Ingredients:**, Oranges	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	Forest fruit compote **Ingredients:**, Apple, Peach, Pear, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

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

GB FB159 - Free From Gluten & Dairy & Soya & Egg - Child Lunch - Vegetarian - Week Two

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