

## GB FB159 - Free From Dairy & Soya & Egg - Child Tea - Vegetarian - Week

## **Tuesday** Wednesday **Thursday Friday** Monday Roast beans and fresh Main Falafel balls with fresh Noodles salad with lentils, Veggie nuggets with grated Chickpea and bulgur salad carrot, cucumber stick and veggies with wrap mushroom, sweetcorn and carrots and garlic bread baby potatoes green beans Ingredients:, Bulgar Wheat (Contains Gluten), Carrots, Wrap (Contains Wheat, Ingredients:, Garlic Bread Sweetcorn, Chick Peas. Gluten), Mixed Beans, Wheat Flour, Margarine, Potatoes, Falafel Balls Egg Free Noodles (Wheat Onion, Olive Oil, Lemon Cucumber, Tomatoes, Onion, Garlic, Salt, Parsley, Yeast, (Chick Peas, Onion, Flour (With Calcium Juice, Gluten Free Low Salt Olive Oil, Garlic, Mixed Herbs Vegetarian Nuggets (Carrot, Rapeseed Oil, Wheat Carbonate, Iron, Niacin, Vegetable Stock (Cornflour, Sweetcorn, Green Beans, Flour, Cumin, Garlic, Salt, - Dried, Paprika Thiamin), Salt, Paprika -Potato Starch, Onion, Carrot, Coriander, Chilli Powder, Cauliflower, Potato, Wheat Contains Gluten), Gluten Flour, yeast, Salt, Sunflower Peas, Tomato Powder, Black Lemon Juice, Black Pepper, Free Low Salt Vegetable O Oil, White Pepper, Sugar, Pepper, Parsley, Turmeric, Turmeric), Cucumber, Stock (Cornflour, Potato Salt), Mixed Herbs - Dried, Onion, Parsley, Paprika, Starch, Onion, Carrot, Peas, Carrots, Olive Oil, Rosemary Basil, Coriander, Cumin, Turmeric), Grated Carrots Tomato Powder, Black Garlic, Ground Black Pepper, Pepper, Parsley, Turmeric, 0 Parsley, Paprika Salt), Wheat Flour (Contains 0 Gluten), Carrots, Green Beans, Mushrooms, 0 Sweetcorn, Lentils, Lemon Juice, Olive Oil, Vinegar, Garlic, Parsley 0

## **Allergens Key**



























🕵 Sesame Seeds







The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

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Dessert

Vegan, soya free cake

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Ingredients:, Wheat Flour

Fresh melon slices

Apple and Raisin Crumble

Ingredients:, Fresh Fruit

Fresh fruit

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

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

Ingredients:, Honeydew Melon

Wheat Flour (Contains Gluten), Breadcrumbs (Contains: Gluten), Apple, Raisins, Vegetable Oil, Vanilla Flavouring, Cinnamon, Pinch Of Brown Sugar

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**Allergens Key** 

(D) Dairy

**G** Gluten

**Eggs** 

SB Soy Beans

Mustard

Sesame Seeds





Mollusc

















