

## GB FB159 - Free From Dairy - Child Tea - Vegetarian - Week Two

## **Monday Tuesday** Wednesday **Thursday Friday** Roast beans and fresh Soya noodles salad with Main Falafel balls with fresh Veggie nuggets with grated Chickpea and bulgur salad carrot, cucumber stick and veggies with wrap lentils, mushroom, carrots and garlic bread baby potatoes sweetcorn and 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, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Vinegar, Garlic, Parsley G SB

## **Allergens Key**





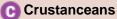














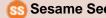














The Yum Yum Food Company London
Created by The Yum Yum Food Company
London

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Dessert

Fruit compote

**Ingredients:**, Apple, Peach, Vanilla, Cinnamon, 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

G

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

G

Fresh melon slices

**Ingredients:**, Honeydew Melon

Apple and Raisin Crumble

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



**Allergens Key** 



**G** Gluten

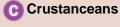








Mollusc













Fish

