

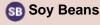
## **Vegetarian Adult Tea Week Two**

## **Monday** Tuesday Wednesday **Thursday Friday** Falafel balls with fresh Roast beans and fresh Soya noodles salad with Main 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, Cauliflower, Potato, Wheat Coriander, Chilli Powder, 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

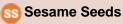
## **Allergens Key**





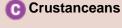








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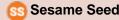














## **Vegetarian Adult Tea Week Two**

**Dessert** 

Fruit yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar



Pear and Ginger Cake

Wheat Flour (Contains Gluten), Soya Flour, Milk, Pear, Egg, Sunflower Oil, Gluten Free Baking Powder, Ginger, Pinch Of Sugar









Blueberry Muffin

**Ingredients:**, Wheat Flour (Contains Gluten), Cornflour, Blueberry, Milk, Egg, Pinch Of Sugar, Rapeseed Oil, Wheat Starch, Soy Beans







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** 



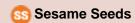
**G** Gluten



Fish









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