

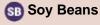
GB FB159 - Vegetarian Adult Tea -Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Gluten free Cauliflower and Broccoli Tots with carrot and cucumber and baby potatoes Ingredients:, Potatoes, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Cucumber, Carrots, Olive Oil, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary	Lentil pasta salad with mixed veggies Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Cumin, Coriander, Basil	Veggie nuggets with grated carrots and garlic bread Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Olive Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric), Grated Carrots G	Paprika chickpea couscous salad Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Chick Peas, Cucumber, Lettuce, Sweetcorn, Carrots, Tumeric, Basil, Parsley, Ground Black Pepper, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt) G	Gluten free Cauliflower and Broccoli Tots with baked beans and potatoes Ingredients:, Potatoes, Baked Beans In Tomato Sauce, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Olive Oil, Rosemary
Dessert	Cherry yoghurt Ingredients:, Natural Yoghurt (Contains Milk), Cherry, Pinch Of Sugar D	Pineapple and apple cake Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Soya Flour, Pineapple, Apple, Butter (Contains: Milk), Vegetable Oil, Egg, Pinch Of Sugar, Cinnamon G	Apple and lemon crumble Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Breadcrumbs (Contains: Gluten), Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Fresh fruit Ingredients:, Fresh Fruit	Peach flapjacks Ingredients:, Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, Porridge Oats (Contains Oat & Gluten), Pinch Of Sugar

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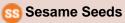








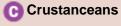






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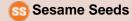














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