

Free From Dairy - Adult Lunch -Standard - Week Two

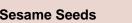
Monday Tuesday Wednesday **Thursday Friday** Root vegetable Casserole Beef Milano Macaroni Fish fingers & cauliflower Main Italian ragu with spinach Chicken pasta bake in a served with herby couscous and chicken pieces served sauce with potatoes rich tomato sauce with with basmati rice Ingredients:, Pasta (Durum sweetcorn Wheat Semolina - Contains Ingredients:, Cous Cous Ingredients:, Potatoes, Gluten), Chopped Tomatoes, (Durum Wheat Semolina -Cauliflower, Courgettes, Cod Ingredients:, Basmati Rice, Ingredients:, Pasta (Durum Carrots, Turnips, Swedes, Contains Gluten), Carrots, **Fillet Fish Fingers** Chopped Tomatoes, Carrots, Wheat Semolina - Contains Onion, Celery, Garden Peas, Potatoes, Turnips, Swedes, (Whitefish, Wheat Flour, Garden Peas, Spinach, Gluten), Chopped Tomatoes, Mushrooms, Parsnips, Beef Onion, Celery, Garden Peas, Vegetable Oil, Yeast, Salt, Chicken Breast, Onion, Carrots, Sweetcorn, Chicken Coconut Milk (Coconut Mince, Coconut Milk (Coconut Sunflower Oil. Gluten Free Paprika, Curcumin, Breast, Onion, Sunflower Oil, Extract, Guar Gum, Xanthan Extract, Guar Gum, Xanthan Turmeric), Sweetcorn, Onion, Low Salt Vegetable Stock Gluten Free Low Salt Gum), Gluten Free Low Salt Gum). Gluten Free Low Salt Gluten Free Low Salt (Cornflour, Potato Starch, Vegetable Stock (Cornflour, Vegetable Stock (Cornflour, Vegetable Stock (Cornflour, Vegetable Stock (Cornflour, Onion, Carrot, Peas, Tomato Potato Starch, Onion, Carrot, Potato Starch, Onion, Carrot, Potato Starch, Onion, Carrot, Potato Starch, Onion, Carrot, Powder, Black Pepper, Peas, Tomato Powder, Black Peas, Tomato Powder, Black Peas, Tomato Powder, Black Parsley, Turmeric, Salt), Basil, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Pepper, Parsley, Turmeric, Pepper, Parsley, Turmeric, Garlic Pepper, Parsley, Turmeric, Salt), Balsamic Vinegar (Red Salt), Basil, Garlic, Ground Salt), Garlic, Gluten Free Salt), Vinegar, Dill, Garlic Wine Vinegar, Grape Must, Black Pepper, Oregano Flour, Ground Black Pepper, Caramel, Sulphite), Basil, Mixed Herbs - Dried, Parsley, G 🖪 Garlic Rosemary, Thyme, Turmeric G (C) G ® **G** (C)







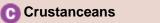






Mollusc







Peanuts





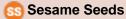




G Gluten









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Dessert

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

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Date and Raisin Granola with Coconut milk

Ingredients:, Porridge Oats (Contains Oat & Gluten), Coconut Milk (Coconut Extract. Guar Gum. Xanthan Gum), Date, Raisins, Sunflower Oil, Golden Syrup



Fresh orange slices

Ingredients:, Oranges

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

Fruit compote

Ingredients:, Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar

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Allergens Key

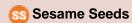


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