

## Free From Dairy - Adult Lunch -**Vegetarian - Week Two**

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

## **Allergens Key**



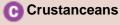
















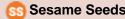
















## Free From Dairy - Adult Lunch -**Vegetarian - Week Two**

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

0

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

0

**Allergens Key** 













Mollusc

