

Free From Gluten - 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 basmati rice and chicken pieces served sauce with potatoes rich tomato sauce with with basmati rice Ingredients:, Gluten Free sweetcorn Pasta (Cornflour, Rice Flour), Ingredients:, Basmati Rice, Ingredients:, Potatoes, Chopped Tomatoes, Carrots, Carrots, Potatoes, Turnips, Cauliflower, Courgettes, Cod Ingredients:, Basmati Rice, Ingredients:, Gluten Free Turnips, Swedes, Onion, Swedes, Onion, Celery, Fish, Sweetcorn, Onion, Chopped Tomatoes, Carrots, Pasta (Cornflour, Rice Flour), Celery, Garden Peas, Gluten Free Low Salt Garden Peas, Coconut Milk Garden Peas, Spinach, Chopped Tomatoes, Carrots, Mushrooms, Parsnips, Beef (Coconut Extract, Guar Gum, Vegetable Stock (Cornflour, Chicken Breast, Onion, Sweetcorn, Chicken Breast, Mince, Coconut Milk (Coconut Xanthan Gum), Gluten Free Sunflower Oil, Gluten Free Potato Starch, Onion, Carrot, Grated Cheddar Cheese Low Salt Vegetable Stock Extract, Guar Gum, Xanthan Peas, Tomato Powder, Black Low Salt Vegetable Stock (Contains Milk), Onion, (Cornflour, Potato Starch, Gum). Gluten Free Low Salt Pepper, Parsley, Turmeric, (Cornflour, Potato Starch, Sunflower Oil, Gluten Free Vegetable Stock (Cornflour, Onion, Carrot, Peas, Tomato Onion, Carrot, Peas, Tomato Salt), Vinegar, Dill, Garlic Low Salt Vegetable Stock Potato Starch, Onion, Carrot, Powder, Black Pepper, Powder, Black Pepper, (Cornflour, Potato Starch, Peas, Tomato Powder, Black Parsley, Turmeric, Salt), Parsley, Turmeric, Salt), Basil, Onion, Carrot, Peas, Tomato a Pepper, Parsley, Turmeric, Garlic, Gluten Free Flour, Garlic Powder, Black Pepper, Salt), Basil, Garlic, Ground Ground Black Pepper, Mixed Parsley, Turmeric, Salt), Black Pepper, Oregano Herbs - Dried, Parsley, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Rosemary, Thyme, Turmeric (C) Caramel, Sulphite), Basil, (C) Garlic (D) (D)

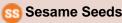
Allergens Key



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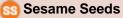




🕞 Fish











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Dessert

Gluten & soya free Vegan cake

Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon Gluten free Date and Raisin Granola with with Natural Yoghurt

Date, Gluten Free Oat Flakes, Golden Syrup, **Natural Yoghurt (Contains Milk)**, Raisins, Sunflower Oil

D

Fresh orange slices

Ingredients:, Oranges

Gluten & soya free Vegan cake

Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon Fruit yoghurt

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



Allergens Key













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