

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

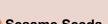
Allergens Key

















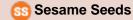
















Created by The Yum Yum Food Company London

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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

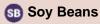
Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar



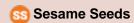
Allergens Key













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