

Free From Soya - 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 Contains Gluten), Carrots, Carrots, Turnips, Swedes, Sweetcorn, Onion, Gluten Chopped Tomatoes, Carrots, Semolina - Contains 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. Grated Cheddar Extract, Guar Gum, Xanthan (Coconut Extract, Guar Gum, Tomato Powder, Black Vegetable Stock (Cornflour, Cheese (Contains Milk), Gum), Gluten Free Low Salt Xanthan Gum), Gluten Free Pepper, Parsley, Turmeric, Potato Starch, Onion, Carrot, Onion, Sunflower Oil, Gluten Low Salt Vegetable Stock Vegetable Stock (Cornflour, Salt), Vinegar, Dill, Garlic Peas, Tomato Powder, Black Free Low Salt Vegetable (Cornflour, Potato Starch, Potato Starch, Onion, Carrot, Pepper, Parsley, Turmeric, Stock (Cornflour, Potato Onion, Carrot, Peas, Tomato Peas, Tomato Powder, Black Salt), Basil, Garlic Starch, Onion, Carrot, Peas, Powder, Black Pepper, Pepper, Parsley, Turmeric, Tomato Powder, Black Parsley, Turmeric, Salt), Basil, Salt), Garlic, Gluten Free Pepper, Parsley, Turmeric, Garlic, Ground Black Pepper, Flour, Ground Black Pepper, Salt), Balsamic Vinegar (Red Mixed Herbs - Dried, Parsley, Oregano Wine Vinegar, Grape Must, Rosemary, Thyme, Turmeric Caramel, Sulphite), Basil, **G** (C) Garlic **G** (C) **G** (D) **S**D

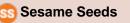
Allergens Key





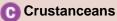




























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Dessert

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



Date and Raisin Granola with with Natural Yoghurt

Ingredients:, Porridge Oats (Contains Oat & Gluten), **Natural Yoghurt (Contains** Milk), 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

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Fruit yoghurt

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



Allergens Key













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