The Yum Yum Food Company London
Created by The Yum Yum Food Company London

Free From Gluten \& Dairy \& Soya \&
Egg - Child Lunch - Vegetarian - Week

Thursday

Tikka masala with beans served with basmati rice

Ingredients:, Basmati Rice, Chopped Tomatoes, Carrots, Beans, Onion, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Sunflower Oil, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Coriander, Garam Masala, Garlic, Ginger

## Friday

Creamy vegetable stew with butter beans, mixed peppers and mushroom served with roasted potatoes

Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Butter Beans, Carrots, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Peppers, Onion, Paprika, Potatoes, Sunflower Oil, Tomato Puree

## Allergens Key

(D) DairyEggs
(G) Gluten
F
FishSoy Beans
(1) Nuts
MustardSesame SeedsLupin
(M)
Mollusc
CrustanceansCelery
P Peanuts
SD Sulphur
Dioxide

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Free From Gluten \& Dairy \& Soya \& Egg - Child Lunch - Vegetarian - Week

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

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

## Fresh fruit <br> Ingredients:, Seasonal Fresh

 Fruit PiecesIngredients:, Apple, Peach Pear, Blackberries,
Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon
(D) Dairy
3 Eggs
SB Soy Beans
(N) Nuts
(1)
Mustard
ss
Sesame Seeds
G Gluten
F. Fish
(L)
Lupin
(II) MolluscCrustanceans
(C) Celery

