

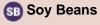
Free From Gluten & Dairy & Soya & Egg - Adult_Tea - Standard - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Gluten free fish fingers with baked beans and potatoes Baked Beans In Tomato Sauce, Gluten Free Fish Fingers (Contains Fish), Potatoes	Winter vegetables with chickpeas and gluten free pasta served with a cauliflower coulis Cauliflower, Chick Peas, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Olive Oil, Onion, Parsley, Peppers, Plum Sauce, Sweetcorn, Tomato Paste	Baked pasta with mediterranean vegetables and Tuna Chopped Tomatoes, Courgettes, Diced Carrots, Garlic Puree, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Green Peppers, Ground Black Pepper, Onion, Red Peppers, Sweetcorn, Tuna Chunks (Contains Fish), Yellow Peppers	Sweet and sour veggies with pepper and bite sized tasty pineapple served with gluten free pasta Cornflour, Garlic, Ginger, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Green Lentils, Lemon Juice, Mixed Peppers, Onion, Paprika, Pineapple, Vinegar	Smoked paprika chicken with a tomato sauce served with basmati rice Balsamic Vinegar (Red Wine Vinegar, Grape Must, Caramel, Sulphite), Basil, Basmati Rice, Carrots, Chicken Breast, Chopped Tomatoes, Courgettes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Onion, Peppers, Smoked Paprika, Sunflower Oil, Thyme, Tomato Paste
Dessert	Fresh fruit Ingredients:, Fresh Fruit	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 Ingredients:, Fresh Fruit	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 & 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

Allergens Key













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