

Halal Regular Adult Tea Week Two

Monday Tuesday Wednesday **Thursday Friday** South Asian chicken curry Main Cod fish goujons and Tuna mayo and sweetcorn Chicken nuggets with Chickpea and bulgur salad baked beans served with served with basmati rice with pitta bread grated carrots and garlic potatoes bread **Ingredients:**, Bulgar Wheat (Contains Gluten), Carrots, Basmati Rice, Chicken Pitta Bread (Wheat Flour Sweetcorn, Chick Peas, Breast, Chopped Tomatoes, (With Calcium, Iron, Niacin, Baked Beans In Tomato Ingredients:, Garlic Bread Onion, Olive Oil, Lemon Coriander, Diced Carrots, Thiamin), Yeast, Salt -Sauce, Fish Goujons Wheat Flour, Margarine, Juice, Gluten Free Low Salt Garam Masala, Garlic, Contains Gluten). (Contains Gluten, Fish), Garlic, Salt, Parsley, Yeast, Ginger, Gluten Free Low Salt Vegetable Stock (Cornflour, Mayonnaise (Rapeseed Oil, **Chicken Nuggets (Contains:** Potatoes Potato Starch, Onion, Carrot, Vegetable Stock (Cornflour, Egg Spirit Vinegar, Sugar, Gluten), Chicken, Wheat Potato Starch, Onion, Carrot, Salt, Lemon Juice Peas, Tomato Powder, Black Flour, Sunflower Oil, Potato G 🖪 Pepper, Parsley, Turmeric, Peas, Tomato Powder, Black Flavouring, Paprika -Starch, Yeast, Grated Salt), Mixed Herbs - Dried, Pepper, Parsley, Turmeric, Contains Eggs), Sweetcorn, Carrots Basil, Coriander, Cumin, Salt), Korma Curry Paste, **Tuna Chunks (Contains** Tomato Purée, Coconut, Garlic, Ground Black Pepper, Fish), Lemon Juice, Olive Oil, 0 Parsley, Paprika Rapeseed Oil, Cumin, Mustard, Dill Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, 0 G 🖪 🗗 🚺 Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Single Cream (Contains Milk), Sunflower Oil, Sweetcorn **(D)**

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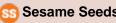














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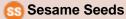












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Dessert

Fruit yoghurt

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



Pear and Ginger Cake

Wheat Flour (Contains Gluten), Soya Flour, Milk, Pear, Egg, Sunflower Oil, Gluten Free Baking Powder, Ginger, Pinch Of Sugar









Blueberry Muffin

Ingredients:, Wheat Flour (Contains Gluten), Cornflour, Blueberry, Milk, Egg, Pinch Of Sugar, Rapeseed Oil, Wheat Starch, Soy Beans







Fresh melon slices

Ingredients:, Honeydew Melon

Apple and Raisin Crumble

Wheat Flour (Contains Gluten), Breadcrumbs (Contains: Gluten), Apple, Raisins, Vegetable Oil, Vanilla Flavouring, Cinnamon, Pinch Of Brown Sugar

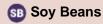


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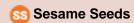


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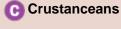








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Fish

