

## **GB FB159 - Vegetarian Child Lunch Week Three**

## Wednesday **Monday Tuesday Thursday Friday** Macaroni lentil bolognaise Bean Alfredo with basmati Mixed beans and spinach Main Moroccan vegetable tagine Hawaiian veggie with with chick peas, apricots rice and spinach couscous peppers served with egg free noodles and courgettes served with Ingredients:, Macaroni Pasta (Contains: Gluten), herby couscous Ingredients:, Basmati Rice, Ingredients:, Cous Cous Carrots, Chopped Tomatoes, Carrots, Garden Peas, (Durum Wheat Semolina -Ingredients:, Egg Free Garden Peas, Onion, Red Spinach, Onion, Beans, Contains Gluten), Carrots, Noodles (Wheat Flour (With Ingredients:, Cous Cous Lentils, Celery, Swedes, Single Cream (Contains Potatoes, Spinach, Onion, Calcium Carbonate, Iron, (Durum Wheat Semolina -Turnips, Grated Cheddar Butter Beans, Kidney Beans, Milk), Gluten Free Low Salt Niacin, Thiamin), Salt, Contains Gluten), Chopped Cheese (Contains Milk), Vegetable Stock (Cornflour, Coconut Milk (Coconut Paprika - Contains Gluten), Tomatoes, Chick Peas, Diced Gluten Free Low Salt Potato Starch, Onion, Carrot, Extract, Guar Gum, Xanthan Carrots, Tomato Paste, Carrots, Green Peppers, Red Vegetable Stock (Cornflour, Peas, Tomato Powder, Black Gum), Gluten Free Low Salt Onion, Red Peppers, Yellow Peppers, Yellow Peppers, Potato Starch, Onion, Carrot, Pepper, Parsley, Turmeric, Vegetable Stock (Cornflour, Peppers, Green Peppers, Courgettes, Onion, Apricot Peas, Tomato Powder, Black Salt), Garlic, Basil Potato Starch, Onion, Carrot, Sulphur Dioxide, Gluten Pineapple, Red Lentils, Pepper, Parsley, Turmeric, Peas, Tomato Powder, Black Gluten Free Flour, Gluten Free Low Salt Vegetable Salt), Ground Black Pepper, Pepper, Parsley, Turmeric, Free Low Salt Vegetable Stock (Cornflour, Potato **(D)** Oregano, Garlic, Basil Salt), Oregano, Turmeric, Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Ginger Starch, Onion, Carrot, Peas, **G D C** Tomato Powder, Black Pepper, Parsley, Turmeric, Pepper, Parsley, Turmeric, Salt), Cinnamon, Cumin, G Garlic Puree, Mixed Herbs -Salt), Garlic, Ginger Dried, Turmeric 0 **G 9**

## **Allergens Key**

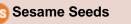








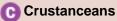






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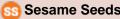












The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

## **GB FB159 - Vegetarian Child Lunch Week Three**

Dessert

Peach Krispie Bite

Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt -Contains Barley), Peach, Dairy Free Margarine, Golden Syrup

Fruit yoghurt

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



Pineapple Chocolate Bar

Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt -Contains Barley), Pear, Pineapple, Golden Syrup, Orange Extract, Cocoa Powder

Fresh melon slices

Ingredients:, Honeydew Melon

Juicy Carrot Cake

Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Grated Carrots, Butter (Contains: Milk), Vegetable Oil, Egg, Pinch Of Sugar, Maize Starch, Cinnamon, Spice Extracts









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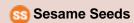
**G** Gluten



Fish









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