

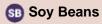
GB FB159 - Free From Gluten & Dairy & Soya & Egg - Child Tea - Standard -

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket potatoes with chickpea and sweetcorn Ingredients:, Potatoes, Chick Peas, Sweetcorn, Olive Oil, Rosemary, Parsley, Garlic	Roast chicken with honey and rice salad Ingredients:, Basmati Rice, Cucumber, Sweetcorn, Mixed Peppers, Onion, Chicken Breast, Honey, Lemon Juice, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Basil, Coriander, Cumin, Garlic, Paprika, Parsley	Stir fry veggie gluten free pasta Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Courgettes, Red Peppers, Yellow Peppers, Green Peppers, Broccoli, Carrots, Sweetcorn, Onion, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Red Lentils, Olive Oil	Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Red Peppers, Yellow Peppers, Green Peppers, Carrots, Sweetcorn, Tuna Chunks (Contains Fish), Olive Oil, Garlic, Ground Black Pepper, Oregano, Basil	Gluten free Falafel balls, lettuce and sweetcorn with potatoes Ingredients:, Potatoes, Gluten Free Falafel Balls (Chickpeas, Onion, Rapeseed Oil, Potato Flake, Garlic, Salt, Cumin, Coriander, Lemon Juice, Parsley, White Pepper), Lettuce, Sweetcorn, Olive Oil, Garlic, Basil, Parsley
Dessert	Forest fruit compote Ingredients:, Apple, Peach, Pear, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Pinch Of Brown Sugar, Vanilla Flavouring, 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	Peach and apple compote Ingredients:, Apple, Peach, Pinch Of Brown Sugar, Vanilla Flavouring, 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	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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