

GB FB159 - Free From Dairy - Adult Lunch - Vegetarian - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Ratatouille with chickpeas and parsley rice Ingredients:, Basmati Rice, Ratatouille (Courgette, Tomatoes, Green Pepper, Red Pepper, Onion, Aubergine), Carrots, Chopped Tomatoes, Chick Peas, Tomato Puree, Onion, Olive Oil, Basil, Parsley, Thyme, Ground Black Pepper, Garlic	Hungarian bean paprika sauce and mash Ingredients:, Potatoes, Stewpack (Onion, Carrots, Turnip, Swede, Celery), Carrots, Onion, Beans, Tomato Puree, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper	Ingredients:, Basmati Rice, Chopped Tomatoes, Plum Sauce, Onion, Courgettes, Garden Peas, Lentils, Olive Oil, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya)	Sweet and sour Asian beans with noodles Ingredients:, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Cabbage, Carrots, Onion, Mushrooms, Plum Sauce, Olive Oil, Gluten Free Flour, Soya Sauce (Soybeans, Salt, Spirit Vinegar - Contains Soya), Garlic	Lentil pasta salad with sweetcorn Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Sweetcorn, Peppers, Lentils, Lemon Juice, Olive Oil, Parsley, Garlic, Dill, Black Pepper G
Dessert	Vegan, soya free cake Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Vegan, soya free cake Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Fresh melon slices Ingredients:, Honeydew Melon	Peach Krispie Bite Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup G	Fresh fruit Ingredients:, Fresh Fruit

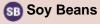
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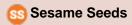


Fish





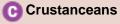








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