

GB FB159 - Free From Dairy - Child Lunch - Standard - Week Three

Monday Tuesday Wednesday **Thursday Friday** Macaroni Beef bolognaise Chicken Alfredo with Mixed beans and spinach Hawaiian chicken with Main Moroccan vegetable tagine with chick peas, apricots basmati 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, Garden Peas, Onion. Carrots, Garden Peas, (Durum Wheat Semolina -Ingredients:, Egg Free Beef Mince, Chopped Spinach, Coconut Milk Contains Gluten), Carrots, Noodles (Wheat Flour (With Ingredients:, Cous Cous Tomatoes, Celery, Swedes, (Coconut Extract, Guar Gum, Potatoes, Spinach, Onion, Calcium Carbonate, Iron, (Durum Wheat Semolina -Turnips, Red Lentils, Gluten Xanthan Gum), Onion, Butter Beans, Kidney Beans, Niacin, Thiamin), Salt, Contains Gluten), Chopped Free Low Salt Vegetable Chicken Breast, Gluten Free Coconut Milk (Coconut Paprika - Contains Gluten), Tomatoes, Chick Peas, Diced Stock (Cornflour, Potato Low Salt Vegetable Stock Extract, Guar Gum, Xanthan Carrots, Tomato Paste. Carrots, Green Peppers, Red Starch, Onion, Carrot, Peas. (Cornflour, Potato Starch, Gum), Gluten Free Low Salt Onion, Red Peppers, Yellow Peppers, Yellow Peppers, Tomato Powder, Black Onion, Carrot, Peas, Tomato Vegetable Stock (Cornflour, Peppers, Green Peppers, Courgettes, Onion, Apricot Pepper, Parsley, Turmeric, Powder, Black Pepper, Potato Starch, Onion, Carrot, Pineapple, Chicken Breast, Sulphur Dioxide, Gluten Salt), Ground Black Pepper, Parsley, Turmeric, Salt), Peas, Tomato Powder, Black Gluten Free Flour, Gluten Free Low Salt Vegetable Oregano, Garlic, Basil Garlic, Basil Pepper, Parsley, Turmeric, Free Low Salt Vegetable Stock (Cornflour, Potato Salt), Oregano, Turmeric, Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Ginger Tomato Powder, Black **G** (C) Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Pepper, Parsley, Turmeric, Salt), Cinnamon, Cumin, G Garlic Puree, Mixed Herbs -Salt), Garlic, Ginger Dried, Turmeric 0 G sd

Allergens Key



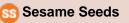
G Gluten



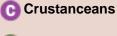
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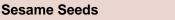
















The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

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Dessert

Peach Krispie Bite

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

Ingredients:, Apple, Peach, Vanilla, Cinnamon, 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

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Fresh melon slices

Ingredients:, Honeydew Melon

Vegan, soya free cake

Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



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Syrup

Allergens Key



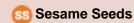
G Gluten



Fish

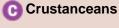








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