

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegan Spring Rolls with carrot and cucumber and baby potatoes Ingredients:, Potatoes, Vegan Spring Rolls (Carrots, Onions, Cabbage, Beans, Sweetcorn, Peppers, Wheat Flour, Cornflour, Sugar, Soya Bean, Metasuphite, Sunflower Oil, Spices, Celery), Cucumber, Carrots, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary G SB © SD	Lentil pasta salad with mixed veggies Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Lentils, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Ground Black Pepper, Parsley, Cumin, Coriander, Basil	Veggie nuggets with grated carrots and garlic bread Ingredients:, Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast, Vegetarian Nuggets (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato, Wheat Flour, yeast, Salt, Sunflower Oil, White Pepper, Sugar, Onion, Parsley, Paprika, Turmeric), Grated Carrots G	Paprika chickpea couscous salad Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Chick Peas, Cucumber, Lettuce, Sweetcorn, Carrots, Tumeric, Basil, Parsley, Ground Black Pepper, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt) G	Gluten free Cauliflower and Broccoli Tots with baked beans and potatoes Ingredients:, Potatoes, Baked Beans In Tomato Sauce, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Rosemary
Dessert	Fresh fruit Ingredients:, Fresh Fruit	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	Apple and lemon crumble Ingredients:, Wheat Flour (Contains Gluten), Breadcrumbs (Contains: Gluten), Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Fresh fruit Ingredients:, Fresh Fruit	Peach flapjacks Apple, Pinch Of Brown Sugar, Dairy Free Margarine, Golden Syrup, Peach, Porridge Oats (Contains Oat & Gluten), Pinch Of Sugar

Allergens Key









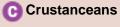






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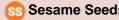










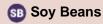




Allergens Key











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