

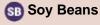
## **GB FB159 - Free From Egg- Child Tea** - Vegetarian - Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket potatoes with sweetcorn and cheese  Ingredients:, Jacket Potatoes, Sweetcorn, Grated Cheddar Cheese (Contains Milk)	Roast chickpeas with honey and bulgur salad  Ingredients:, Bulgar Wheat (Contains Gluten), Cucumber, Sweetcorn, Mixed Peppers, Onion, Chick Peas, 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 noodles with red lentils  Ingredients:, Egg Free Noodles (Wheat Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Paprika - Contains Gluten), Courgettes, Red Peppers, Yellow Peppers, Green Peppers, Broccoli, Carrots, Sweetcorn, Onion, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Red Lentils, Olive Oil	Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Carrots, Red Peppers, Yellow Peppers, Green Peppers, Sweetcorn, Lentils, Olive Oil, Garlic, Ground Black Pepper, Oregano, Basil	Falafel balls, lettuce and sweetcorn with wrap  Ingredients:, Wrap (Contains Wheat, Gluten), Falafel Balls (Chick Peas, Onion, Rapeseed Oil, Wheat Flour, Cumin, Garlic, Salt, Coriander, Chilli Powder, Lemon Juice, Black Pepper, Turmeric), Lettuce, Sweetcorn  G
Dessert	Fruit yoghurt  Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar	Apple and lemon crumble  Ingredients:, Wheat Flour (Contains Gluten), Breadcrumbs (Contains: Gluten), Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Peach and apple compote  Ingredients:, Apple, Peach, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	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	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

## **Allergens Key**













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## **Allergens Key**

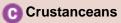














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