

GB FB159 - Regular Adult Lunch 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, Chopped Tomatoes, (Durum Wheat Semolina -Carrots, Garden Peas, Ingredients:, Egg Free Garden Peas, Onion, Beef Spinach, Onion, Chicken Contains Gluten), Carrots, Noodles (Wheat Flour (With Ingredients:, Cous Cous Mince, Celery, Swedes, Breast, Single Cream Potatoes, Spinach, Onion, Calcium Carbonate, Iron, (Durum Wheat Semolina -Turnips, Red Lentils, Grated Butter Beans, Kidney Beans, (Contains Milk), Gluten Free Niacin, Thiamin), Salt, Contains Gluten), Chopped **Cheddar Cheese (Contains** Low Salt Vegetable Stock Coconut Milk (Coconut Paprika - Contains Gluten), Tomatoes, Chick Peas, Diced Milk), Gluten Free Low Salt (Cornflour, Potato Starch, Extract, Guar Gum, Xanthan Carrots, Tomato Paste, Carrots, Green Peppers, Red Vegetable Stock (Cornflour, Onion, Carrot, Peas, Tomato Gum), Gluten Free Low Salt Onion, Red Peppers, Yellow Peppers, Yellow Peppers, Potato Starch, Onion, Carrot, Powder, Black Pepper, Vegetable Stock (Cornflour, Peppers, Green Peppers, Courgettes, Onion, Apricot Peas, Tomato Powder, Black Parsley, Turmeric, Salt), Potato Starch, Onion, Carrot, Sulphur Dioxide, Gluten Pineapple, Chicken Breast, Pepper, Parsley, Turmeric, Peas, Tomato Powder, Black Garlic, Basil Gluten Free Flour, Gluten Free Low Salt Vegetable Salt), Ground Black Pepper, Pepper, Parsley, Turmeric, Free Low Salt Vegetable Stock (Cornflour, Potato Oregano, Garlic, Basil Salt), Oregano, Turmeric, **(D)** Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Ginger Starch, Onion, Carrot, Peas, **G D C** Tomato Powder, Black Pepper, Parsley, Turmeric, Pepper, Parsley, Turmeric, Salt), Cinnamon, Cumin, G Garlic Puree, Mixed Herbs -Salt), Garlic, Ginger Dried, Turmeric 0 **G 9**

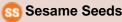
Allergens Key















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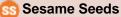












YUMYUM food company London

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

Dessert

Peach Krispie Bite

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

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Fruit yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, 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



Fresh melon slices

Ingredients:, Honeydew Melon

Juicy Carrot Cake

Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Grated Carrots, Butter (Contains: Milk), Vegetable Oil, Egg, Pinch Of Sugar, Maize Starch, Cinnamon, Spice Extracts



Week Three







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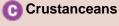








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Fish





