

GB FB159 - Free From Gluten - Adult Tea - Standard - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Rosemary chicken with carrot and cucumber and baby potatoes Ingredients:, Potatoes, Chicken Breast, Cucumber, Carrots, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary	Lentil pasta salad with mixed veggies GF Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), 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	Gluten free Cauliflower and broccoli Tots with grated carrots and potatoes Ingredients:, Potatoes, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt), Carrots, Rosemary, Garlic, Ground Black Pepper, Parsley, Rosemary	Paprika chickpea rice salad GF Ingredients:, Basmati Rice, 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)	Gluten free fish fingers with baked beans and potatoes Baked Beans In Tomato Sauce, Gluten Free Fish Fingers (Contains Fish), Potatoes
Dessert	Cherry yoghurt Ingredients:, Natural Yoghurt (Contains Milk), Cherry, Pinch Of Sugar	Gluten & soya free Vegan cake Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Fruit compote Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Fresh fruit Ingredients:, Fresh Fruit	Gluten & soya free Vegan cake Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

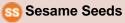
Allergens Key





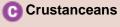
















Peanuts





