

GB FB159 - Vegetarian Adult Tea 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	Cherry Chocolate Cake Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Cherry, Butter (Contains: Milk), Vegetable Oil, Egg, Cocoa Powder, Pinch Of Sugar G E SB D	Blueberry Muffin Ingredients:, Wheat Flour (Contains Gluten), Cornflour, Blueberry, Milk, Egg, Pinch Of Sugar, Rapeseed Oil, Wheat Starch, Soy Beans G E SB D

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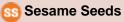




















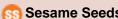
















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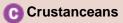














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