

GB FB159 - Free From Gluten & Dairy & Soya & Egg - Adult Lunch -

Tuesday Wednesday **Thursday Friday** Monday Macaroni Beef bolognaise Chicken Alfredo with Mixed beans and spinach Main Moroccan vegetable tagine Hawaiian chicken with with chick peas, apricots basmati rice and spinach rice peppers served with gluten and courgettes served with Ingredients:, Gluten Free free pasta Pasta (Cornflour, Rice Flour), basmati rice Ingredients:, Basmati Rice, Ingredients:, Basmati Rice, Carrots, Chopped Tomatoes, Carrots, Potatoes, Spinach, Carrots, Garden Peas, Ingredients:, Gluten Free Garden Peas, Onion, Beef Spinach, Coconut Milk Onion, Beans, Kidney Beans, Pasta (Cornflour, Rice Flour), Ingredients:, Basmati Rice, Mince, Celery, Swedes, (Coconut Extract, Guar Gum, Coconut Milk (Coconut Carrots, Tomato Paste, Chopped Tomatoes, Chick Turnips, Red Lentils, Gluten Xanthan Gum), Onion. Extract, Guar Gum, Xanthan Onion, Red Peppers, Yellow Peas, Diced Carrots, Red Free Low Salt Vegetable Gum), Gluten Free Low Salt Chicken Breast, Gluten Free Peppers, Green Peppers, Peppers, Yellow Peppers, Stock (Cornflour, Potato Low Salt Vegetable Stock Vegetable Stock (Cornflour, Pineapple, Chicken Breast, Green Peppers, Courgettes, Starch, Onion, Carrot, Peas. (Cornflour, Potato Starch, Potato Starch, Onion, Carrot, Gluten Free Flour, Gluten Onion, Apricot Sulphur Tomato Powder, Black Onion, Carrot, Peas, Tomato Peas, Tomato Powder, Black Dioxide, Gluten Free Low Free Low Salt Vegetable Pepper, Parsley, Turmeric, Powder, Black Pepper, Pepper, Parsley, Turmeric, Stock (Cornflour, Potato Salt Vegetable Stock Salt), Ground Black Pepper, Parsley, Turmeric, Salt), Salt), Oregano, Turmeric, Starch, Onion, Carrot, Peas, (Cornflour, Potato Starch, Oregano, Garlic, Basil Garlic, Basil Ginger Tomato Powder, Black Onion, Carrot, Peas, Tomato Pepper, Parsley, Turmeric, Powder, Black Pepper, (C) Parsley, Turmeric, Salt), Salt), Garlic, Ginger Cinnamon, Cumin, Garlic Puree, Mixed Herbs - Dried, Turmeric ➂

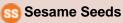
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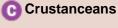








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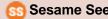












The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

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Streshmeon sides Week Gluten 1800 ya free Vegan

Gluten & soya free Vegan

Ingredients:, Honeydew Melon

Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

2/2

Dessert

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 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













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