

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

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

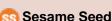
Allergens Key





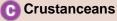










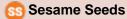


















Dessert

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

Fruit compote

Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar,

Vanilla Flavouring, Cinnamon

Gluten & soya free Vegan

Ingredients:, Gluten Free

Flour, Apple, Peach, Pear,

Dairy Free Margarine, Pinch

Of Brown Sugar, Gluten Free

Baking Powder, Bicarbonate

Of Soda, Cinnamon

cake

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

Gluten & soya free Vegan Vegent melonslices WeekGluten & 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

Ingredients:, Honeydew Melon

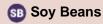
Ingredients:, Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

2/2

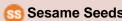
Allergens Key













Mollusc

