

## GB FB159 - Free From Dairy & Soya & Egg - Adult Lunch - Standard - Week

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

## **Allergens Key**



G Gluten



🕞 Fish









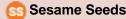
















The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

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Dessert

Peach Krispie Bite

Ingredients:, Apple, Peach,

Fruit compote

Pineapple Chocolate Bar

Fresh melon slices

Vegan sova free cake

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

Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt -Contains Barley), Pear, Pineapple, Golden Syrup, Orange Extract, Cocoa Powder

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Ingredients:, Honeydew Melon

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



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**Allergens Key** 

(D) Dairy

**Eggs** 

S Soy Beans

Mustard

Mollusc

n Lupin

Crustanceans





🕞 Fish

Nuts

