

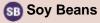
GB FB159 - Free From Dairy & Soya & Egg - Adult Tea - Standard - Week

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket potatoes with chickpea and sweetcorn Ingredients:, Potatoes, Chick Peas, Sweetcorn, Olive Oil, Rosemary, Parsley, Garlic Powder	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), Red Peppers, Yellow Peppers, Green Peppers, Carrots, Sweetcorn, Tuna Chunks (Contains Fish), 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 compote Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	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	Vegan, soya free cake Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Vegan, soya free cake Ingredients:, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

Allergens Key





















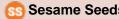


Peanuts

















GB FB159 - Free From Dairy & Soya & Egg - Adult Tea - Standard - Week Three

Allergens Key

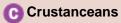


Eggs



🚺 Mustard







G Gluten





