

GB FB159 - Free From Dairy - Adult Lunch - Vegetarian - Week Three

Monday Tuesday Wednesday **Thursday Friday** Macaroni lentil bolognaise Bean Alfredo with basmati Mixed beans and spinach Main Moroccan vegetable tagine Hawaiian veggie with with chick peas, apricots 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, Chopped Tomatoes, Carrots, Garden Peas, (Durum Wheat Semolina -Ingredients:, Egg Free Garden Peas, Onion, Red Spinach, Coconut Milk Contains Gluten), Carrots, Noodles (Wheat Flour (With Ingredients:, Cous Cous Lentils, Celery, Swedes, (Coconut Extract, Guar Gum, Potatoes, Spinach, Onion, Calcium Carbonate, Iron, (Durum Wheat Semolina -Turnips, Gluten Free Low Salt Xanthan Gum), Onion, Beans, Butter Beans, Kidney Beans, Niacin, Thiamin), Salt, Contains Gluten), Chopped Vegetable Stock (Cornflour, Gluten Free Low Salt Coconut Milk (Coconut Paprika - Contains Gluten), Tomatoes, Chick Peas, Diced Potato Starch, Onion, Carrot, Vegetable Stock (Cornflour, Extract, Guar Gum, Xanthan Carrots, Tomato Paste, Carrots, Green Peppers, Red Peas, Tomato Powder, Black Potato Starch, Onion, Carrot, Gum), Gluten Free Low Salt Onion, Red Peppers, Yellow Peppers, Yellow Peppers, Pepper, Parsley, Turmeric, Peas, Tomato Powder, Black Vegetable Stock (Cornflour, Peppers, Green Peppers, Courgettes, Onion, Apricot Salt), Ground Black Pepper, Pepper, Parsley, Turmeric, Potato Starch, Onion, Carrot, Sulphur Dioxide, Gluten Pineapple, Red Lentils, Oregano, Garlic, Basil Salt), Garlic, Basil Peas, Tomato Powder, Black Gluten Free Flour, Gluten Free Low Salt Vegetable Pepper, Parsley, Turmeric, Free Low Salt Vegetable Stock (Cornflour, Potato Salt), Oregano, Turmeric, **G** (C) Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black 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

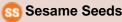
Allergens Key





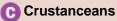




















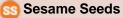
G Gluten



🕞 Fish







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

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Dessert

Peach Krispie Bite

Fruit compote

Pineapple Chocolate Bar

Fresh melon slices

Vegan, soya free cake

Ingredients:, Oat Flakes

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

Ingredients:, Apple, Peach, Vanilla, Cinnamon, Pinch Of Sugar

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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Syrup

Mustard

Lupin

Crustanceans

Sulphur **Dioxide**

Peanuts

Allergens Key

Eggs

S Soy Beans

Mollusc

C Celery

G Gluten

(D) Dairy

Fish

Nuts

Sesame Seeds