

GB FB159 - Free From Gluten - Adult **Lunch - Standard - Week Three**

Monday Tuesday Wednesday **Thursday Friday** Macaroni Beef bolognaise Chicken Alfredo with Mixed beans and spinach Hawaiian chicken with Main Moroccan vegetable tagine 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, Onion, Chicken Onion, Beans, Kidney Beans, Pasta (Cornflour, Rice Flour), Ingredients:, Basmati Rice, Mince, Celery, Swedes, Breast, Single Cream Coconut Milk (Coconut Carrots, Tomato Paste, Chopped Tomatoes, Chick Turnips, Red Lentils, Grated Extract, Guar Gum, Xanthan (Contains Milk), Gluten Free Onion, Red Peppers, Yellow Peas, Diced Carrots, Red **Cheddar Cheese (Contains** Gum), Gluten Free Low Salt Low Salt Vegetable Stock Peppers, Green Peppers, Peppers, Yellow Peppers, Milk), Gluten Free Low Salt (Cornflour, Potato Starch, Vegetable Stock (Cornflour, Pineapple, Chicken Breast, Green Peppers, Courgettes, Vegetable Stock (Cornflour, Onion, Carrot, Peas, Tomato Potato Starch, Onion, Carrot, Gluten Free Flour, Gluten Onion, Apricot Sulphur Potato Starch, Onion, Carrot, Powder, Black Pepper, Peas, Tomato Powder, Black Dioxide, Gluten Free Low Free Low Salt Vegetable Peas, Tomato Powder, Black Parsley, Turmeric, Salt), Pepper, Parsley, Turmeric, Stock (Cornflour, Potato Salt Vegetable Stock Pepper, Parsley, Turmeric, Salt), Oregano, Turmeric, Garlic, Basil Starch, Onion, Carrot, Peas, (Cornflour, Potato Starch, Salt), Ground Black Pepper, Ginger Tomato Powder, Black Onion, Carrot, Peas, Tomato Oregano, Garlic, Basil **(D)** Pepper, Parsley, Turmeric, Powder, Black Pepper, Parsley, Turmeric, Salt), Salt), Garlic, Ginger (D) (C) (1/1) Cinnamon, Cumin, Garlic Puree, Mixed Herbs - Dried, Turmeric ➂

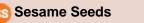
Allergens Key













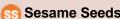














The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

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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 yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar



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

Fresh melon slices

Ingredients:, Honeydew Melon

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

Allergens Key



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