

## **GB FB159 - Free From Gluten - Adult Tea - Vegetarian - Week Three**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket potatoes with sweetcorn and cheese  Ingredients:, Jacket Potatoes, Sweetcorn, Grated Cheddar Cheese (Contains Milk)  D	Roast chickpeas with honey and rice salad  Ingredients:, Basmati Rice, 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 gluten free pasta  Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Courgettes, Red Peppers, Yellow Peppers, Green Peppers, Broccoli, Carrots, Sweetcorn, Onion, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Red Lentils, Olive Oil	Ingredients:, Gluten Free Pasta (Cornflour, Rice Flour), Red Peppers, Yellow Peppers, Green Peppers, Carrots, Sweetcorn, Lentils, Olive Oil, Garlic, Ground Black Pepper, Oregano, Basil	Gluten free Falafel balls, lettuce and sweetcorn with potatoes  Ingredients:, Potatoes, Gluten Free Falafel Balls (Chickpeas, Onion, Rapeseed Oil, Potato Flake, Garlic, Salt, Cumin, Coriander, Lemon Juice, Parsley, White Pepper), Lettuce, Sweetcorn, Olive Oil, Garlic, Basil, Parsley
Dessert	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	Peach and apple compote  Ingredients:, Apple, Peach, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	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	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

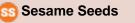
## **Allergens Key**





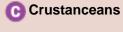








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