

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

Tuesday Wednesday **Thursday Friday** Monday Beef Chow Mein with peas Balti chicken with rice Chicken Pot Pie Tuna pasta bake with Main Creamy root vegetable gratin with bulgar wheat and noodles SF sweetcorn Ingredients:, Basmati Rice, Ingredients:, Potatoes, Tomatoes, Onion, Spinach, Grated Carrots, Sweetcorn, Ingredients:, Bulgar Wheat, Ingredients:, Egg Free Ingredients:, Egg Free Chicken Breast, Sunflower Onion, Celery, Beans, Potato, Onion, Carrots, Noodles (Wheat Flour (With Fusilli (Durum Wheat Oil, Ginger, Garam Masala, Swedes, Celery, Turnips, Calcium Carbonate, Iron, Chicken Breast, Lentils, Semolina - Contains Korma Curry Paste, Tomato Tomato Paste, Sunflower Oil, Lentils, Sunflower Oil, Niacin, Thiamin), Salt, Gluten), Chopped Tomatoes, Purée, Coconut, Rapeseed Gluten Free Low Salt Mushrooms, Coconut Milk Paprika - Contains Gluten), Tomato Paste, Carrots, Tuna Oil, Cumin, Coriander, Garlic, Vegetable Stock (Cornflour, (Coconut Extract, Guar Gum, Carrots, Garden Peas, Chunks (Contains Fish), Xanthan Gum), Vinegar, Sweetcorn, Tomatoes, Onion, Ginger, Turmeric, Xanthan Potato Starch, Onion, Carrot, Sweetcorn, Onion, Sunflower Gum, Cardamom, Curry Gluten Free Low Salt Sunflower Oil, Plum Sauce, Peas, Tomato Powder, Black Oil, Balsamic Vinegar (Red Powder (Contains Mustard), Pepper, Parsley, Turmeric, Vegetable Stock (Cornflour, Beef Mince, Black Pepper, Wine Vinegar, Grape Must, Salt), Garlic, Cumin, Black Potato Starch, Onion, Carrot, Garlic Turmeric Caramel. Sulphite). Gluten Pepper Peas, Tomato Powder, Black Free Low Salt Vegetable Pepper, Parsley, Turmeric, Stock (Cornflour, Potato 0 Salt), Gluten Free Flour, Bay (C) Starch, Onion, Carrot, Peas, Leaves, Garlic, Parsley, Tomato Powder, Black Pepper, Parsley, Turmeric, Mixed Herbs - Dried, Turmeric Salt), Garlic, Italian Seasoning **G** (C) G 🕝 வ

Allergens Key





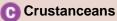














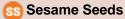












The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

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Dessert

Fresh fruit

Ingredients:, Fresh Fruit

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

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Fresh banana

Ingredients:, Banana

Chocolate and cinnamon flapjacks

Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar, Cocoa Powder, 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



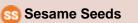
Allergens Key



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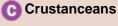








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