

## GB FB159 - Vegetarian Child Tea -Week 3

#### **Monday** Tuesday Wednesday **Thursday Friday** Oriental chickpea with wrap Gluten free Cauliflower and Main Veggie nuggets with Lentil veggie pasta with red Spinach and cheese fingers Broccoli Tots with garlic sweetcorn and jacket and fresh raw veggies pesto with carrots and potatoes potatoes bread and mixed veggies Ingredients:, Pasta (Durum Ingredients:, Wrap Potatoes, Spinach And (Contains Wheat, Gluten), Wheat Semolina - Contains Cheese Fingers (Wheat Ingredients:, Jacket Ingredients:, Garlic Bread Chick Peas, Lettuce, Gluten), Tomatoes, Lentils, Flour, Vegetable Oil, Potatoes, Vegetarian Wheat Flour, Margarine, Spinach, White Cheese Cucumber, Sweetcorn, Carrots, Sweetcorn, Onion, Nuggets (Carrot, Garlic, Salt, Parsley, Yeast, Paprika, Garlic, Parsley, Basil, Spinach, Celery, Single (Milk), Onion, Corn Starch, Sweetcorn, Green Beans, Mixed Vegetables Carrots, Turmeric Cream (Contains Milk), Salt, Sugar, Red Pepper). Green Beans, Broad Beans, Cauliflower, Potato, Wheat Gluten Free Low Salt Flour, yeast, Salt, Sunflower Carrots, Garlic, Parsley Garden Peas, Sweetcorn. Oil, White Pepper, Sugar, Vegetable Stock (Cornflour, Gluten Free Cauliflower And 0 Potato Starch, Onion, Carrot, Onion, Parsley, Paprika, Broccoli Tots (Broccoli, **G** (D) Peas, Tomato Powder, Black Turmeric), Sweetcorn Cauliflower, Potatoes, Pepper, Parsley, Turmeric, Vegetable Oils, Corn Starch, Salt), Garlic, Parsley Potato Flakes, Pea Flour, 0 Onion, Tomato, Garlic, Salt), $\mathbf{G} \mathbf{D} \mathbf{C}$ Garlic, Paprika, Ground Black Pepper, Rosemary 0

### **Allergens Key**



















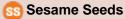
Peanuts















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

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**Dessert** 

Fruit yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed



Apple and apricot flapjacks

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



Apple crumble

**Ingredients:**, Wheat Flour (Contains Gluten), **Breadcrumbs (Contains:** Gluten), Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon



Cherry Chocolate Cake

Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Cherry, Butter (Contains: Milk), Vegetable Oil, Egg, Cocoa Powder, Pinch Of Sugar







Fresh fruit

Ingredients:, Fresh Fruit

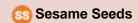
**Allergens Key** 













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