

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

Tuesday Wednesday **Thursday Friday** Monday Lentil and chickpea dhal Roast chicken in Creamy Italian Chicken Pastina Yum Yum Fish pie Main Beef chilli con carne with with herby couscous kidney beans served with sauce with Italian potatoes basmati rice Ingredients:, Pasta (Durum Ingredients:, Potatoes, Wheat Semolina - Contains Garden Peas, Sweetcorn, Ingredients:, Cous Cous Ingredients:, Potatoes, Macedoine (Carrot, Swede, Gluten), Onion, Carrots, Carrots, Fish Mix (Pollack (Durum Wheat Semolina -Basmati Rice, Baked Beans Fish, Salmon), Onion, Olive Contains Gluten), Carrots, Turnip, Peas, Beans), Celery, Wholemeal Bread In Tomato Sauce, Beef Mince, (Wholemeal Wheat Flour, Oil. Gluten Free Flour, Lemon Potato, Chick Peas, Tomato Chopped Tomatoes, Carrots, Chopped Tomatoes, Fajita Paste, Onion, Lentils, Chicken Breast, Gluten Free Water, Salt, Yeast, Juice, Dill, Garlic, Ground Seasoning, Garlic, Gluten Vegetable Oil), Chicken Black Pepper Coconut Milk (Coconut Free Low Salt Vegetable Flour, Olive Oil, Onion, Extract, Guar Gum, Xanthan Parsley, Basil, Garlic Breast, Olive Oil, Gluten Free Stock (Cornflour, Potato Low Salt Vegetable Stock Gum), Olive Oil, Coriander, Starch, Onion, Carrot, Peas, a (Cornflour, Potato Starch, Cumin, Curry Powder Tomato Powder, Black Onion, Carrot, Peas, Tomato (Contains Mustard), Ginger, Pepper, Parsley, Turmeric, Ground Black Pepper, Powder, Black Pepper, Salt), Ground Black Pepper, Parsley, Turmeric, Salt), Paprika Kidney Beans, Mixed Herbs -Garlic, Parsley, Turmeric, Dried, Mixed Peppers, Onion, Black Pepper Smoked Paprika, Olive Oil, G M Sweetcorn \mathbf{G}

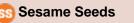
Allergens Key





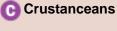








Mollusc





SD Sulphur

Dioxide

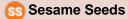












The Yum Yum Food Company London **Created by The Yum Yum Food Company** London

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

Dessert

Lemon and apple flapjacks with raisins

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

0

Vegan, soya free cake

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

0

Fresh oranges

Ingredients:, Oranges

Fruit compote

Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon Vegan, soya free cake

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



Allergens Key

(D) Dairy

G Gluten

Eggs

S Soy Beans

Mustard

Sesame Seeds



Mollusc



Crustanceans







🕞 Fish

Nuts