

GB FB159 - Free from Soya & Egg -**Adult Lunch - Week 2**

Monday Tuesday Wednesday **Thursday Friday** Ratatouille with chickpeas Hungarian beef paprika Hoisin Chicken with rice Sweet and sour Asian Lentil Red pesto with pasta Main chicken with noodles and parsley rice sauce and mash Ingredients:, Basmati Rice, Ingredients:, Pasta (Durum Wheat Semolina - Contains Chopped Tomatoes, Plum Ingredients:, Basmati Rice, Ingredients:, Potatoes, Ingredients:, Egg Free Sauce, Onion, Courgettes, Gluten), Chopped Tomatoes, Ratatouille (Courgette, Stewpack (Onion, Carrots, Noodles (Wheat Flour (With Garden Peas, Chicken Peppers, Sweetcorn, Onion, Tomatoes, Green Pepper, Turnip, Swede, Celery), Calcium Carbonate, Iron, Breast, Sunflower Oil Lentils, Sunflower Oil, Gluten Red Pepper, Onion, Carrots, Onion, Beef Mince, Niacin, Thiamin), Salt, Aubergine), Carrots, Chopped Paprika - Contains Gluten), Free Low Salt Vegetable Single Cream (Contains Tomatoes, Chick Peas, Cabbage, Carrots, Onion, Stock (Cornflour, Potato Milk), Butter (Contains: Tomato Puree, Onion, Milk), Tomato Puree, Mushrooms, Plum Sauce, Starch, Onion, Carrot, Peas, Tomato Powder, Black Sunflower Oil, Basil, Parsley, Sunflower Oil, Gluten Free Sunflower Oil, Gluten Free Pepper, Parsley, Turmeric, Thyme, Ground Black Pepper, Low Salt Vegetable Stock Flour, Garlic Garlic (Cornflour, Potato Starch, Salt), Garlic, Basil Onion, Carrot, Peas, Tomato G Powder, Black Pepper, 0 Parsley, Turmeric, Salt), Smoked Paprika, Cumin, Bay Leaves, Garlic, Ground Black Pepper (D)(C)

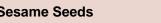
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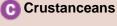








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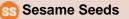












Vegan, soya free cake

Ingredients:, Wheat Flour

(Contains Gluten), Apple,

Margarine, Pinch Of Brown

Sugar, Gluten Free Baking

Peach, Pear, Dairy Free

Powder, Bicarbonate Of

Soda, Cinnamon



Dessert

Created by The Yum Yum Food Company London

Vanilla Rice Pudding

(D)

Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, Pinch Of Sugar

Ingredients:, Honeydew Melon

Fresh melon slices

Peach Krispie Bite

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Ingredients:, Oat Flakes (Contains Oat & Gluten), Rice Krispies (Rice, Sugar, Barley Extract, Salt), Peach, Dairy Free Margarine, Golden Syrup

Adult Lunch - Week 2

Strawberry yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Strawberry Puree, Pinch Of Sugar



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