

## GB FB159 - Free from Soya & Egg -**Adult Lunch - Week 3**

## **Monday Tuesday** Wednesday **Thursday Friday** Lentil and chickpea dhal Chicken pasta bake with Yum Yum Fish pie Main Beef chilli con carne with Roast chicken in Creamy with herby couscous kidney beans served with tomato sauce with Italian carrot sauce basmati rice potatoes Ingredients:, Potatoes, Garden Peas, Sweetcorn, Ingredients:, Cous Cous Ingredients:, Pasta (Durum Carrots, Fish Mix ( Pollack Wheat Semolina - Contains (Durum Wheat Semolina -Basmati Rice, Baked Beans Ingredients:, Potatoes, Fish, Salmon), Onion, Single Contains Gluten), Carrots, Gluten), Carrots, Onion, In Tomato Sauce, Beef Mince, Macedoine (Carrot, Swede, Cream (Contains Milk), Olive Potato, Chick Peas, Tomato Single Cream (Contains Chopped Tomatoes, Fajita Turnip, Peas, Beans), Paste, Onion, Lentils, Milk), Chicken Breast, Oil, Gluten Free Flour, Lemon Chopped Tomatoes, Carrots, Seasoning, Garlic, Gluten Juice, Dill, Garlic, Ground Coconut Milk (Coconut Free Low Salt Vegetable **Bechamel Sauce (Wheat** Chicken Breast, Single Extract, Guar Gum, Xanthan Flour, Skimmed Milk Black Pepper Stock (Cornflour, Potato Cream (Contains Milk), Gum), Olive Oil, Coriander, Powder, Sugar, Salt, Yeast, Starch, Onion, Carrot, Peas, Gluten Free Flour, Olive Oil, Cumin, Curry Powder Onion), Cheese, Olive Oil, Tomato Powder, Black Onion, Parsley, Basil, Garlic **(3** (0) (Contains Mustard), Ginger, Gluten Free Low Salt Pepper, Parsley, Turmeric, Ground Black Pepper, Vegetable Stock (Cornflour, Salt), Ground Black Pepper, **(D)** Potato Starch, Onion, Carrot, Paprika Kidney Beans, Mixed Herbs -Peas, Tomato Powder, Black Dried, Mixed Peppers, Onion, Smoked Paprika, Olive Oil, Pepper, Parsley, Turmeric, G M Salt), Parsley, Turmeric, Sweetcorn Paprika, Ground Black Pepper $\mathbf{G}(\mathbf{D})$

## **Allergens Key**



















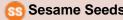
















## GB FB159 - Free from Soya & Egg - Adult Lunch - Week 3

Dessert

Lemon and apple flapjacks with raisins

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



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



Fresh oranges

Ingredients:, Oranges

Black Cherry yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Black Cherry, Pinch Of Sugar



Vegan, soya free cake

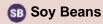
Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon



**Allergens Key** 











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