

GB FB159 - Free from Soya & Egg -Adult Tea - Week 2

Monday Tuesday Wednesday **Thursday Friday** Rosemary chicken with Lentil pasta salad with Chicken nuggets with Paprika chickpea couscous Fish fingers with baked Main carrot and cucumber and mixed veggies grated carrots and garlic salad beans and potatoes baby potatoes bread Ingredients:, Pasta (Durum Ingredients:, Cous Cous Ingredients:, Potatoes, (Durum Wheat Semolina -Baked Beans In Tomato Wheat Semolina - Contains Ingredients:, Potatoes, Garlic Bread (Wheat Flour, Gluten), Mixed Vegetables Contains Gluten), Chick Sauce. Cod Fillet Fish Chicken Breast, Cucumber, Margarine, Garlic, Salt, Carrots, Green Beans, Broad Peas, Cucumber, Lettuce, Fingers (Whitefish, Wheat Carrots, Olive Oil, Rosemary, Parsley, Yeast), Chicken Beans, Garden Peas, Sweetcorn, Carrots, Tumeric, Nuggets (Chicken, Wheat Flour, Vegetable Oil, Yeast, Garlic, Ground Black Pepper, Parsley, Rosemary Sweetcorn, Lentils, Gluten Flour, Olive Oil, Potato Basil, Parsley, Ground Black Salt, Paprika, Curcumin, Free Low Salt Vegetable Pepper, Garlic, Gluten Free Turmeric), Olive Oil Starch, Yeast), Grated Stock (Cornflour, Potato Low Salt Vegetable Stock Carrots Starch, Onion, Carrot, Peas, (Cornflour, Potato Starch, G 🖯 Tomato Powder, Black Onion, Carrot, Peas, Tomato G Pepper, Parsley, Turmeric, Powder, Black Pepper, Salt), Garlic, Ground Black Parsley, Turmeric, Salt) Pepper, Parsley, Cumin, Coriander, Basil 0 0

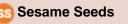
Allergens Key





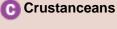








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Dessert

Cherry yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), 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



Apple and lemon crumble

Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Breadcrumbs (Contains: Gluten), Apple, Lemon, Vegetable Oil, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon



Fresh fruit

Ingredients:, Fresh Fruit

Peach flapjacks

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

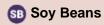


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Fish

