

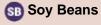
## GB FB159 - Free from Soya & Egg - Adult Tea - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken nuggets with sweetcorn and jacket potatoes	Oriental chicken with wrap and fresh raw veggies	Lentil veggie pasta with red pesto	Spinach and cheese fingers with carrots and potatoes	Rosemary chicken with mixed veggies and garlic bread
	Ingredients:, Jacket Potatoes, Chicken Nuggets (Chicken, Wheat Flour, Olive Oil, Potato Starch, Yeast), Sweetcorn  G	Ingredients:, Wrap (Contains Wheat, Gluten), Chicken Breast, Lettuce, Cucumber, Sweetcorn, Paprika, Garlic, Parsley, Basil, Turmeric  G	Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Tomatoes, Lentils, Carrots, Sweetcorn, Onion, Spinach, Celery, Single Cream (Contains Milk), Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Garlic, Parsley	Ingredients:, Potatoes, Spinach And Cheese Fingers (Wheat Flour, Vegetable Oil, Spinach, White Cheese (Milk), Onion, Corn Starch, Salt, Sugar, Red Pepper), Carrots, Olive Oil, Garlic, Parsley  G D	Ingredients:, Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Chicken Breast, Parsley, Basil, Rosemary, Garlic, Paprika
Dessert	Fruit yoghurt	Apple and apricot flapjacks	Apple crumble	Vegan, soya free cake	Fresh fruit
	Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed	Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar	Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Breadcrumbs (Contains: Gluten), Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon	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	Ingredients:, Fresh Fruit
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## **Allergens Key**







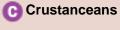






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## **Allergens Key**























