

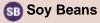
GB FB159 - Free from Soya & Egg -Adult Tea - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken nuggets with sweetcorn and jacket potatoes Ingredients:, Jacket Potatoes, Chicken Nuggets (Chicken, Wheat Flour, Olive Oil, Potato Starch, Yeast), Sweetcorn G	Oriental chicken with wrap and peas Ingredients:, Wrap (Contains Wheat, Gluten), Chicken Breast, Garden Peas, Paprika, Garlic, Parsley, Basil, Turmeric	Lentil veggie pasta with red pesto 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	Fish cakes with carrots and potatoes Ingredients:, Potatoes, Cod Fillet Fish Cakes (Whitefish, Wheat Flour, Dried Potato, Vegetable Oil, Salt, Onion Powder, Yeast, Parsley, Sugar, Turmeric, Black Pepper, Paprika, Parsley), Carrots, Olive Oil	Rosemary chicken with mixed veggies and garlic bread 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	Blackcurrant yoghurt Ingredients:, Natural Yoghurt (Contains Milk), Blackcurrants, Pinch Of Sugar D	Apple and apricot flapjacks Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Apricot, Dairy Free Margarine, Golden Syrup, Pinch Of Brown Sugar G	Apple crumble Ingredients:, Wheat Flour (With Calcium, Iron, Niacin, Thiamin), Breadcrumbs (Contains: Gluten), Apple, Dairy Free Margarine, Vanilla Flavouring, Pinch Of Brown Sugar, Cinnamon G	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	Fruit compote Ingredients:, Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon

Allergens Key

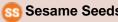






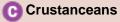














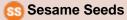














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