

GB FB159 - Free from Soya & Egg -**Vegetarian Child Tea - Week 1**

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|---|---|---|---|--|
| Main | Veggie burger with sweetcorn and Jacket potatoes Ingredients:, Jacket Potatoes, Vegetable Burger (Wheat Flour, Carrot, Peas, Sweetcorn, Onion, Pepper, Vegetable Oil, Potato, Beans, Leek, Cauliflower, Garlic, Tomato, Parsley, Sage, White Pepper, Black Pepper), Sweetcorn G | Chickpea and cauliflower couscous salad Ingredients:, Cous Cous (Durum Wheat Semolina - Contains Gluten), Carrots, Cauliflower, Sweetcorn, Chick Peas, Olive Oil, Parsley, Ground Black Pepper, Garlic, Mixed Herbs - Dried, Coriander, Cumin, Basil | Ingredients:, Pasta (Durum Wheat Semolina - Contains Gluten), Mixed Peppers, Carrots, Sweetcorn, Onion, Lentils, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper | Gluten free Cauliflower and Broccoli Tots with garlic bread and mixed veggies Ingredients:, Garlic Bread (Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast), Mixed Vegetables Carrots, Green Beans, Broad Beans, Garden Peas, Sweetcorn, Gluten Free Cauliflower And Broccoli Tots (Broccoli, Cauliflower, Potatoes, Vegetable Oils, Corn Starch, Potato Flakes, Pea Flour, Onion, Tomato, Garlic, Salt) | Paprika chickpea and green beans with baby new potato salad Ingredients:, Potatoes, Chick Peas, Green Beans, Olive Oil, Paprika, Garlic, Ground Black Pepper, Parsley, Basil, Coriander, Cumin |
| Dessert | 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 | Lemon yoghurt Ingredients:, Natural Yoghurt (Contains Milk), Lemon, Pinch Of Sugar D | Vanilla Rice Pudding Pudding Rice, Milk, Skimmed Milk Powder, Vanilla Flavouring, 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



G Gluten

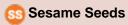


Fish

S Soy Beans





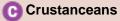




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