

GB FB159 - Vegetarian Child Tea Week One

Monday Tuesday Wednesday **Thursday Friday** Chickpea Couscous Falafel balls with guinoa Main Baby new potatoes and Lentil pasta salad Pitta bread with veggie mayo with cheese and nuggets and fresh salad sweetcorn Ingredients:, Pasta (Durum vegetables with garlic Ingredients:, Cous Cous Wheat Semolina - Contains (Durum Wheat Semolina yoghurt dip Ingredients:, Gluten Free Gluten), Mixed Peppers, Contains Gluten). Carrots. Quinoa, Lettuce, Sweetcorn, Ingredients:, Potatoes, Carrots, Courgettes, Mixed Peppers, Chick Peas, Onion, Falafel Balls (Chick Mayonnaise (Rapeseed Oil, Ingredients:, Pitta Bread Sweetcorn, Onion, Lentils, Sweetcorn, Onion, Olive Oil, Peas, Onion, Rapeseed Oil, Egg Spirit Vinegar, Sugar, (Wheat Flour (With Calcium, Olive Oil, Gluten Free Low Lemon Juice, Gluten Free Wheat Flour, Cumin, Garlic, Salt, Lemon Juice Iron, Niacin, Thiamin), Salt Vegetable Stock Low Salt Vegetable Stock Salt, Coriander, Chilli Flavouring, Paprika -Yeast, Salt - Contains (Cornflour, Potato Starch, (Cornflour, Potato Starch, Powder, Lemon Juice, Contains Eggs), Sweetcorn, Gluten), Cucumber, **Grated Cheddar Cheese** Onion, Carrot, Peas, Tomato Onion, Carrot, Peas, Tomato Black Pepper, Turmeric), Tomatoes, Lettuce, Powder, Black Pepper, Powder, Black Pepper, Honey, Lemon Juice, Olive (Contains Milk), Olive Oil, Vegetarian Nuggets (Carrot, Parsley, Turmeric, Salt), Parsley, Turmeric, Salt), Mustard, Rosemary, Garlic Oil, Gluten Free Low Salt Sweetcorn, Green Beans, Paprika, Parsley, Mixed Herbs Mixed Herbs - Dried, Basil, Vegetable Stock (Cornflour, Cauliflower, Potato, Wheat - Dried, Basil, Coriander, Coriander, Cumin, Garlic, Potato Starch, Onion, Carrot, Flour, yeast, Salt, Sunflower ■ (D) (M) Cumin, Garlic, Ground Black Ground Black Pepper, Peas, Tomato Powder, Black Oil, White Pepper, Sugar, Parsley, Paprika Pepper Pepper, Parsley, Turmeric, Onion, Parsley, Paprika, Salt), Basil, Coriander, Cumin, Turmeric), Natural Yoghurt G Garlic, Paprika, Parsley (Contains Milk), Olive Oil, **G** Lemon Juice, Mustard, Coriander, Cumin, Garlic, 0 Ground Black Pepper, Mixed Herbs - Dried, Paprika, Parsley, Basil **G D M**

Allergens Key















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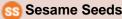














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Dessert

Fruit yoghurt

Ingredients:, Natural Yoghurt (Contains Milk), Fruit Pureed, Pinch Of Sugar



Berry flapjacks

Ingredients:, Porridge Oats (Contains Oat & Gluten), Apple, Blackberries, Blackcurrants, Raspberries, Redcurrants, Strawberries, Dairy Free Margarine, Pinch Of Brown Sugar, Golden Syrup



Fresh fruit salad

Ingredients:, Red Apple, Honeydew Melon, Oranges, Pineapple

Cinnamon and pineapple cake

Ingredients:, Wheat Flour (Contains Gluten), Soya Flour, Pineapple, Butter (Contains: Milk), Vegetable Oil, Egg, Pinch Of Sugar, Cinnamon







Fresh melon slices

Ingredients:, Honeydew Melon

Allergens Key









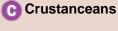




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C Celery





Peanuts

G Gluten





