

HALAL

Tiny Tasters



Week 2

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	Lunch ingredients	Dessert ingredients
Monday	British halal chicken breast pieces, yoghurt, onions, tomatoes, cumin, turmeric, cauliflower, cabbage, garam masala, peas, basmati rice, vegetable oil, red lentils	Mixed melons
Tuesday	Red lentils, peas, potatoes, vegetable spread (Water, Vegetable Oils(Sunflower Oil, Palm Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Preservatives(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D), garlic, onions, carrots, tomato puree, thyme, vegetable stock (Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric), bay leaf, pepper, vegetable oil, vegetable gluten-free gravy (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Palm, Rapeseed, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract)	Bananas, oat milk (Water, Oats (10%), Sunflower Oil, Inulin, Calcium Phosphate, Stabiliser (Gellan Gum), Salt, Potassium Iodide, Vitamin B12, Vitamin D2, Vitamin B2), sugar, custard powder (Maize Starch, Colour(Annatto Norbixin), Flavouring)
Wednesday	Soya mince (SOYA Protein , Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator, White Pepper), tomatoes, tomato puree, pasta (durham wheat and wholemeal wheat semolina), sweetcorn, garlic, onions, carrots, tomato puree, mixed herbs, olive oil, vegetable stock (Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric)	Peaches, sprinkle of sugar, single cream
Thursday	Quorn (Mycoprotein (85%), Natural Flavouring, Potato Protein, Pea Fibre, WHEAT Gluten, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted BARLEY Malt Extract. Stabiliser: Carrageenan), new potatoes, peas, cauliflower, vegetable oil, gluten free gravy (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Palm, Rapeseed, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract)	Strawberries, natural yoghurt, sugar
Friday	Pasta (durham wheat and wholemeal wheat semolina), tuna, onions, garlic, tomatoes, tomato puree, peppers, cheese, olive oil, Soya mince (SOYA Protein , Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator, White Pepper)	Apples, plums, single cream, sprinkle of sugar

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