

HALAL

Tiny Tasters



Week 1

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| | Lunch ingredients | Dessert ingredients |
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| Monday | Pasta (durham wheat and wholewheat semolina), tomatoes, black beans, sweetcorn, olive oil, onions, peppers, garlic, tomato puree, mixed herbs, cheese , sweetcorn, fajita seasoning (salt, sugar, dried onion, paprika, garlic powder, mustard flour, ground coriander, lemon peel powder) | Natural yoghurt , sugar, blended blackberries |
| Tuesday | Broccoli, peppers, lentils, coconut milk, onions, baby sweetcorn, carrots, garlic, vegetable oil, basmati rice, gluten free veg 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*), red Thai paste (Water, rapeseed oil, minced lemongrass (7%), garlic purée, onion, red chilli paste (5%) [red chilli peppers, salt, acidity regulator (acetic acid)], concentrated tomato paste, modified starch, minced galangal (3%), lime leaves (3%), sugar, chilli flakes (2.5%), salt, Thai basil, coriander leaf, ground coriander, ground cumin, ground cardamom, colour (paprika extract), acidity regulator) | Bananas, yoghurt |
| Wednesday | Pasta (durham wheat semolina) tomatoes, butternut squash, kale, mushrooms, onions, garlic, olive oil | Oats , 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), golden syrup , cocoa powder , cinnamon , sultanas |
| Thursday | British halal stewing beef, potatoes, carrots, leeks, mushrooms, plain flour, beef stock (Maltodextrin, salt, flavourings, yeast extract, beef broth (2,3%), beef fat (1,9%) [beef fat, antioxidant (extracts of rosemary)], sugar, toasted onion*, lovage roots*), tomato puree , onions, bay leaf, garlic, pepper, vegetable oil | Diced seasonal fruit |
| Friday | British halal chicken breast and thigh pieces, carrots, butternut squash, basmati rice, onions, sultanas, turmeric, lemon juice, cumin, cinnamon, chicken stock (Maltodextrin, flavourings, salt, sugar, chicken fat (4%) [chicken fat, antioxidant (extracts of rosemary)], yeast extract, chicken (1%) [chicken, salt, antioxidant (extracts of rosemary)], turmeric*, garlic*, onion juice concentrate*, lovage roots*), olive oil , dried mint , bay leaf | Plums, wheat flour , sugar, 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), single cream . |

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