

HALAL

Week 3

Tiny Tasters

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	Lunch ingredients	Dessert ingredients
Monday	Pasta (durham wheat semolina), mushrooms, cheese , peppers, tomatoes, tomato puree, haricot beans, red onions, garlic, olive oil	Natural yoghurt , oranges, sugar
Tuesday	British halal lean beef mince, Potatoes, tomatoes, peppers, sweetcorn, cumin, kidney beans, onions, pepper, garlic, low salt 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)	Watermelon, honeydew melon, gala melon, cantaloup melon
Wednesday	British halal roast chicken, peas, swede, vegetable oil, carrots, potatoes, parsley, Quorn (Mycoprotein (85%), Natural Flavouring, Potato Protein, Pea Fibre, WHEAT Gluten, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted BARLEY Malt Extract) gluten free vegetable gravy (Maltodextrin, Potato Starch, Salt, Colour (Plain Caramel), Flavourings, Vegetable Oils (Palm, Rapeseed, Sunflower), Sugar, Onion Powder, Stabiliser (Guar Gum), Yeast Extract)	Bananas, yoghurt
Thursday	Cauliflower, lentils, korma paste (Water, Sugar, Tomato Purée from Concentrate, Creamed Coconut (5%), Rapeseed Oil, Desiccated Coconut (4%), Ground Cumin, Ground Coriander, Garlic Purée, Ginger Purée, Modified Maize Starch, Salt, Ground Turmeric, Acidity Regulator (Lactic Acid), Stabiliser (Xanthan Gum), Ground Cardamom), cauliflower, carrots, peas, coconut milk, onions, garlic, basmati rice	Self raising flour , baking powder, free range eggs , baking powder, courgette, caster sugar, oat milk (Water, Oats (10%), Sunflower Oil, Inulin, Calcium Phosphate, Stabiliser (Gellan Gum), Salt, Potassium Iodide, Vitamin B12, Vitamin D2, Vitamin B2) custard powder (Maize Starch, Colour(Annatto Norbixin), Flavouring)
Friday	British halal chicken breast and thigh pieces, potatoes, onions, leeks, carrots, mushrooms, garlic, parsley, vegetable oil, pepper, thyme, cornflour (maize starch), butterbeans, 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), 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)	Seasonal mixed fruit

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