

## St Teresa's Autumn Menu 2025 - Dairy Free Gluten Free

week 1 - 1 Sep / 22 Sep / 13 Oct / 10 Nov / 1 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
GF Tomato Pasta  Peas	GF Chicken Burger Herby Potatoes Sweetcorn	Free From Pizza Carrots	Roast Chicken Roast Potatoes Mixed Veg	Free From Fish Fingers Chips Baked Beans
week 2 - 8 Sep / 29 Sep / 20 Oct / 17 Nov / 8 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
GF Tomato Pasta  Sweetcorn	Gluten Free Chicken Nuggets Wedges Carrots	Free From Pizza Herby Potatoes Broccoli	GF Sausages, GF Gravy, Roast Potatoes Veg	Free From Fish Fingers Chips Peas
Week 3 - 15 Sep / 6 Oct / 3 Nov / 24 Nov / 15 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
GF Tomato Pasta  Green Beans	GF Sausages Potatoes Baked Beans	Chicken Korma Rice	Roast Turkey Roast Potatoes Mixed Veg	Free From Fish Fingers Chips Baked Beans

**Desert - Choice of:     Daily Desert, Fresh Fruit, Fruit Yoghurt or Fruit Jelly**