

St Teresa's Spring Menu 2026 - Gluten Dairy Free

week 1 - 5 Jan / 26 Jan / 23 Feb / 16 Mar				
Monday	Tuesday	Wednesday	Thursday	Friday
GF Tomato Pasta Peas	GF Chicken Nuggets Herby Potatoes Baked Beans	Veggie Curry Rice	Roast Chicken Roast Potatoes Mixed Veg	Free From Fish Fingers Chips Peas
week 2 - 12 Jan / 2 Feb / 2 Mar / 23 Mar				
Monday	Tuesday	Wednesday	Thursday	Friday
GF Tomato Pasta Sweetcorn	Veggie Chilli Rice	GF Sausages Wedges Baked Beans	Roast Turkey Roast Potatoes Mixed Veg	Free From Fish Fingers Chips Peas
week 3 - 19 Jan / 9 Feb / 9 Mar				
Monday	Tuesday	Wednesday	Thursday	Friday
GF Tomato Pasta Green Beans	Chicken Korma Rice	Free From Pizza Wedges Carrots	GF Sausages GF Gravy & Roast Potatoes Mixed Veg	Free From Fish Fingers Chips Baked Beans