

## St Teresa's Summer Menu 2026 - Gluten Free

| week 1 - 13 Apr / 4 May / 1 Jun / 22 Jun / 13 Jul                                                             |                                                          |                                       |                                                       |                                         |
|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------|-------------------------------------------------------|-----------------------------------------|
| Monday                                                                                                        | Tuesday                                                  | Wednesday                             | Thursday                                              | Friday                                  |
| GF Tomato Pasta<br><br>Peas                                                                                   | GF Chicken Nuggets<br>Herby Potatoes<br>Baked Beans      | Chilli Con Carne<br>Rice<br>Sweetcorn | Roast Chicken<br>Roast Potatoes<br>Mixed Veg          | GF Fish Fingers<br>Chips<br>Peas        |
| week 2 - 20 Apr / 11 May / 8 Jun / 29 Jun                                                                     |                                                          |                                       |                                                       |                                         |
| Monday                                                                                                        | Tuesday                                                  | Wednesday                             | Thursday                                              | Friday                                  |
| GF Tomato Pasta<br><br>Sweetcorn                                                                              | Chicken Korma<br>Rice                                    | GF Sausages<br>Wedges<br>Baked Beans  | Roast Turkey<br>Roast Potatoes<br>Mixed Veg           | GF Fish Fingers<br>Chips<br>Peas        |
| week 3 - 27 Apr / 18 May / 15 Jun / 6 Jul                                                                     |                                                          |                                       |                                                       |                                         |
| Monday                                                                                                        | Tuesday                                                  | Wednesday                             | Thursday                                              | Friday                                  |
| GF Tomato Pasta<br><br>Green Beans                                                                            | GF Chicken Burger<br>Herby Potatoes<br>Tomato & Cucumber | GF Pizza<br>Wedges<br>Carrots         | GF Sausages<br>GF Gravy & Roast Potatoes<br>Mixed Veg | GF Fish Fingers<br>Chips<br>Baked Beans |
| <b>Daily Jacket Potato Selection</b> - Grated Cheese, Tuna Mayonnaise, Baked Beans. Choice of Desert          |                                                          |                                       |                                                       |                                         |
| <b>Omelette</b> - Freshly prepared omelette, served with vegetables, cheese or Baked Beans. Choice of Desert. |                                                          |                                       |                                                       |                                         |

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