

St Teresa's Autumn Menu 2026 - Dairy Free

week 1 - 31 Aug / 21 Sep / 12 Oct / 9 Nov / 30 Nov				
Monday	Tuesday	Wednesday	Thursday	Friday
DF Tomato Pasta Breadsticks Peas	Chicken Nuggets Herby Potatoes Baked Beans	Chilli Con Carne Rice Sweetcorn	Roast Chicken Roast Potatoes Mixed Veg	Fish Fingers Chips Peas
week 2 - 7 Sep / 28 Sep / 19 Oct / 16 Nov / 7 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
DF Tomato Pasta Garlic Bread Sweetcorn	Chicken Korma Rice Mini Popadoms	Sausage in a bun Wedges Baked Beans	Roast Turkey Roast Potatoes Mixed Veg	Fish Fingers Chips Peas
week 3 - 14 Sep / 5 Oct / 2 Nov / 23 Nov / 14 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Bolognaise Breadsticks Green Beans	Chicken Burger Herby Potatoes Tomato & Cucumber	DF Pizza Wedges Carrots	Sausages Gravy & Roast Potatoes Mixed Veg	Fish Fingers Chips Baked Beans
Daily Sandwich Selection - Wholemeal Bread with choice of Filling - Tuna Mayo, Ham. Served with Popcorn, cucumber sticks / cherry tomatoes, plus Orange or Apple Juice. Choice of Desert.				
Daily Jacket Potato Selection - Tuna Mayonnaise, Baked Beans. Choice of Desert				
Omelette - Freshly prepared omelette, served with vegetables or Baked Beans. Choice of Desert.				

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