

St Teresa's Spring School Menu Gluten Free 2019

Week 1 - 3rd Jan / 21st Jan / 11th Feb / 11th Mar / 1st Apr				
Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free Pasta with Bolognaise Green Beans	Gluten Free Sausages Mash Baked Beans	Cottage Pie Carrots & Swede Peas	Roast Chicken Roast Potatoes Mixed Vegetables	Fish Fingers Chips Peas
Week 2 - 7th Jan / 28th Jan / 25th Feb / 18th Mar				
Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free Tomato Pasta Sweetcorn	Baked Mediterranean Rice in Tomato Sauce Peas & Carrots	Chicken & Broccoli with Gluten Free pasta Peas	Roast Beef Roast Potatoes Mixed Vegetables	Fish Fingers Chips Peas
Week 3 - 14th Jan / 4th Feb / 4th Mar / 25th Mar				
Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free Cheesy Pasta Cucumber	Plain Chicken Potato Wedges Carrots & Swede	Gluten Free Pizza Chips Sweetcorn	Roast Turkey Roast Potatoes Mixed Vegetables	Fish Fingers Chips Peas

Alternative Desert Choice: Fresh Fruit, Fruit Yoghurt, Fruit Jelly and Cheese and Crackers