

## St Teresa's Spring Term Menu 2020 - Dairy Free

Week 1 - 6 Jan / 27 Jan / 24 Feb / 16 Mar				
Monday	Tuesday	Wednesday	Thursday	Friday
Dairy Free Tuna Pasta Bake Cauliflower	Minced Beef Tacos with Mixed Peppers & Corn Herby Potatoes	Dairy Free Tomato Pizza Wedges Sweetcorn	BBQ Roast Chicken Roast Potatoes Mixed Vegetables	Fish Fingers Chips Peas
Week 2 - 13 Jan / 3 Feb / 2 Mar / 23 Mar				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Meatballs in Tomato Sauce with plain potatoes	Tomato Pasta with Home Made Bread Green Beans	Mediterranean Beef Curry Rice Peas	Roast Turkey Roast New Potatoes Swede & Carrots	Fish Fingers Chips Baked Beans
Week 3 - 20 Jan / 10 Feb / 9 Mar / 30 Mar				
Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Pasta  Carrots	Lamb Burger Wedges Tomato & Cucumber	Plain Chicken Chips Sweetcorn & Peas	Roast Beef Roast Potatoes Mixed Vegetables	Fish Fingers Chips Peas
<b>Daily Sandwich Selection</b> - Wholemeal Bread with choice of one filling - Cheese, Tuna Mayo, Egg Mayo, Ham. Served with Popcorn & Cucumber plus Orange or Apple Juice. Choice of Dessert.				
<b>Daily Jacket Potato Selection</b> - Grated Cheese, Tuna Mayonnaise, Baked Beans. Choice of Dessert				
<b>Omelette</b> - Freshly prepared omelette, served with vegetables, cheese or Baked Beans				

**Alternative Dessert Choice:**    Fresh Fruit, Fruit Yoghurt, Fruit Jelly and Cheese and Crackers