

## St Teresa's Autumn School Menu 2021 - Gluten Free

Week 1 - 3 Sep / 6 Sep / 27 Sep / 17 Oct / 15 Nov / 6 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
GF Cheesy Pasta Bake Broccoli	Beef Burgers Potato Wedges Sweetcorn	Cottage Pie Carrots	Roast Chicken Roast Potatoes Mixed Vegetables	GF Fish Fingers Chips Beans
Week 2 - 13 Sep / 4 Oct / 1 Nov / 22 Nov / 13 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
GF Pasta Bolognaise Breadsticks - G Swede	Sausages Mash Baked Beans	GF Tomato Pasta  Green Beans	Roast Turkey Roast Potatoes Mixed Vegetables	GF Fish Fingers Chips Peas
Week 3 - 20 Sep / 11 Oct / 8 Nov / 29 Nov				
Monday	Tuesday	Wednesday	Thursday	Friday
Plain Chicken BBQ Sauce Mash & Beans	GF Pizza Sweetcorn	Minced Beef & GF Pasta Green Beans	Roast Beef  Roast Potatoes & Mixed Veg	GF Fish Fingers Chips Peas
<b>Daily Sandwich Selection</b> - Wholemeal Bread with choice of Filling - Cheese, Tuna Mayo, Ham. Served with Popcorn, cucumber sticks, plus Orange or Apple Juice. Choice of Desert.				
<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.				

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