

St Teresa's Autumn Dairy Free School Menu 2019

Week 1 - 2 Sep / 23 Sep / 14 Oct / 11 Nov / 2 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognaise	Sausages	Minced Beef & Plain Potatoes	Roast Chicken	Fish Fingers
Green Beans	Plain Potatoes	Carrots	Herby Potatoes	Chips
	Baked Beans	Peas	Carrots & Peas	Peas
Week 2 - 9 Sep / 30 Sep / 21 Oct / 18 Nov / 9 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
Dairy Free Cheesy Pasta	Plain Chicken	Chicken & Vegetable Fajitas	Roast Beef	Fish Fingers
Bread Sticks	Potato Wedges	New Potatoes	Roast Potatoes	Chips
Carrots	Tomato & Cucumber		Swede & Carrots	Baked Beans
Week 3 - 16 Sep / 7 Oct / 4 Nov / 25 Nov / 16 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
Mince & Pasta	Mild Curry Chicken	Dairy Free Tomato Pizza	Roast Turkey	Fish Fingers
	with rice and poppadoms	Chips	Roast Potatoes	Chips
Sweetcorn	Peas & Carrots	Carrots & Sweetcorn	Mixed Vegetables	Peas

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