

St Teresa's Spring Term Menu 2020 - Gluten Free

Week 1 - 6 Jan / 27 Jan / 24 Feb / 16 Mar				
Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free Tuna Pasta Cauliflower	Minced Beef with Mixed Peppers & Corn Herby Potatoes	Gluten Free 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 Mash & Sweetcorn	Gluten Free tomato Pasta 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
Gluten Free Carbonara Pasta Carrots	Lamb Burger Wedges Tomato & Cucumber	Plain Chicken Chips Sweetcorn & Peas	Roast Beef Roast Potatoes Mixed Vegetables	Fish Fingers Chips Peas
Daily Sandwich Selection - 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.				
Daily Jacket Potato Selection - Grated Cheese, Tuna Mayonnaise, Baked Beans. Choice of Dessert				
Omelette - Freshly prepared omelette, served with vegetables, cheese or Baked Beans				

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