

St Teresa's Autumn Gluten Free School Menu 2019

Week 1 - 2 Sep / 23 Sep / 14 Oct / 11 Nov / 2 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
Mince & Gluten Free Pasta	Sausages	Cottage Pie	Roast Chicken	Fish Fingers
	Mash Potato	Carrots	Herby Potatoes	Chips
Green Beans	Baked Beans	Peas	Carrots & Peas	Peas
Week 2 - 9 Sep / 30 Sep / 21 Oct / 18 Nov / 9 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free Pasta & Cheese	Plain Chicken	Chicken Fajita	Roast Beef	Fish Fingers
	Potato Wedges	Gluten Free wrap	Roast Potatoes	Chips
Carrots	Tomato & Cucumber	New potatoes	Swede & Carrots	Baked Beans
Week 3 - 16 Sep / 7 Oct / 4 Nov / 25 Nov / 16 Dec				
Monday	Tuesday	Wednesday	Thursday	Friday
Mince & Gluten Free pasta	Mild Chicken Curry	Gluten Free Tomato Pizza	Roast Turkey	Fish Fingers
	Rice	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