

St Teresa's Spring School Menu Dairy Free 2019

Week 1 - 3rd Jan / 21st Jan / 11th Feb / 11th Mar / 1st Apr				
Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti Bolognese Garlic Bread Green Beans	Sausages Potatoes Baked Beans	Mince & Potatoes Carrots & Swede Peas	Roast Chicken Roast Potatoes Mixed Vegetables	Fish Fingers Chips Peas
Week 2 - 7th Jan / 28th Jan / 25th Feb / 18th Mar				
Monday	Tuesday	Wednesday	Thursday	Friday
Dairy Free Lasagne Sweetcorn	Baked Mediterranean Rice in Tomato Sauce Peas & Carrots	Dairy Free Sauce with Chicken, Broccoli and pasta Peas	Roast Beef Roast Potatoes Mixed Vegetables	Fish Fingers Chips Peas
Week 3 - 14th Jan / 4th Feb / 4th Mar / 25th Mar				
Monday	Tuesday	Wednesday	Thursday	Friday
Dairy Free Macaroni Cheese Garlic Bread Cucumber	Plain Chicken Potato Wedges Carrots & Swede	Dairy Free Pizza Chips Sweetcorn	Roast Turkey Roast Potatoes Mixed Vegetables	Fish Fingers Chips Peas

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