



LENT 2026



GLUTEN FREE WEEK 3 MENU

— MONDAY —

Gluten free macaroni
cheese served with
sweetcorn and broccoli

Jacket potato with a
choice of cheese, beans or
tuna mayonnaise with
mixed salad

Fruit cocktail, fresh fruit
and a selection of
yoghurts

— TUESDAY —

Chicken or sweet potato
and cauliflower curry
served with rice, broccoli
and sweetcorn

Jacket potato with a
choice of cheese, beans or
tuna mayonnaise with
mixed salad

Gluten free chocolate
chip muffins, fresh fruit
and a variety of yoghurts

— WEDNESDAY —

Roast gammon or Quorn
sausages, gluten free
roast potatoes and gravy
served with sliced carrots
and brussel sprouts

Jacket potato with a
choice of cheese, beans or
tuna mayonnaise with
mixed salad

Gluten free Iced sprinkle
sponge, fresh fruit and a
selection of yoghurts

— THURSDAY —

Beef or meatfree
meatballs, gluten free
pasta served with green
beans and sweetcorn

Jacket potato with a
choice of cheese, beans or
tuna mayonnaise with
mixed salad

Gluten free chocolate
sponge with chocolate
sauce, fresh fruit and a
selection of yoghurts

— FRIDAY —

Gluten free chicken or
meat free nuggets served
with chips and peas or
baked beans

Jacket potato with a
choice of cheese, beans or
tuna mayonnaise with
mixed salad

Ice cream, fresh fruit and
a selection of yoghurts

If you would like to discuss your child's food allergies further, please contact our
Catering Manager Mrs Flynn (nflynn@stjohnsschool.net)

