



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)

