



LENT 2026

GLUTEN FREE WEEK 1 MENU

— MONDAY —

Gluten free tomato pasta
bake with mixed salad
and coleslaw

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

Peach slices, fresh fruit
and a selection of
yoghurts

— TUESDAY —

Gluten free pork or
Gluten free Quorn
sausages served with
mash potatoes, peas,
sweetcorn and gravy

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

Gluten free apple
crumble and custard
fresh fruit and a selection
of yoghurts

— WEDNESDAY —

Beef or mixed vegetable
gluten free lasagne
served with green beans
and mixed vegetables

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

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

— THURSDAY —

Chicken or vegetable
gluten free fajitas with
rice, peppers, broccoli
and sweetcorn

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

Gluten free shortbread,
fresh fruit and a selection
of yoghurts

— FRIDAY —

Gluten free fish fingers or
gluten free vegetable
fingers served with chips
and peas or baked beans

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

Mango smoothies, 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)

