



# LENT 2026



## GLUTEN FREE WEEK 2 MENU

### — MONDAY —

Chicken or Quorn gluten free burgers accompanied by potato wedges, peas and sweetcorn

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

Mandarins, fresh fruit and a selection of yoghurts

### — TUESDAY —

Beef or Quorn Chilli Con Carne, served with rice, mixed salad and coleslaw

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

Gluten free lemon drizzle cake, fresh fruit and a selection of yoghurts

### — WEDNESDAY —

Gluten free pizza with mixed salad and coleslaw

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

Gluten free flapjack, fresh fruit and a selection of yoghurts

### — THURSDAY —

Chicken or Quorn vegetable gluten free pie served with mash potatoes, peas and sweetcorn

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

Gluten free apple sponge and custard, fresh fruit and a selection of yoghurts

### — FRIDAY —

Gluten free pizza served with chips, sweetcorn or baked beans

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

Chocolate or vanilla mousse, fresh fruit and fruit yoghurts

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