

SUMMER MENU CYCLE

Week 1



ST JAMES
Preparatory School

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Mushroom & Tarragon	Potato & Leek	Split Green Pea & Coriander	Roasted Tomato & Basil	Seasonal Veg
Bread	White Rolls	White Rolls	White Rolls	White Rolls	White Rolls
Prep Main Course 1 (All Year Groups)	Broad Bean, Pea & Lentil Ragù with Penne Pasta	Vegetable Samosas, Braised Rice, Katsu Sauce	Vegetable Tagine with Giant Cous Cous	Refried Bean & BBQ Sweetcorn Quesadas, Dirty Rice & Coriander Salsa	Cheese & Tomato Pizza & Chips
Prep Main Course 2 (Upper Prep Only)	BBQ Quorn Fillet, New Potatoes, Mixed Pepper, Onion & Sweetcorn	Cauliflower Gratin, Crispy Onion Breadcrumb Topping	Spring Pea & Mint Risotto, Pickled Vegetables	Potato, Split Pea & Shallot Pie With Thyme Roasted New Potatoes	Chef's Special
Vegetables	Sweetcorn & Peas	Roasted Butternut & Green Beans	Cauliflower & Courgette	Spring Vegetable Fricasse	Baked Beans & Peas
Jacket Potato	Grated Cheese & Baked Beans	Grated Cheese & Baked Beans	Grated Cheese & Baked Beans	Grated Cheese & Baked Beans	Grated Cheese & Baked Beans
Salad Bar	Mixed Salad Leaves, Tomato Wedges, Cucumber, Grated Carrot, Sweetcorn	Mixed Salad Leaves, Tomato Wedges, Cucumber, Grated Carrot, Sweetcorn	Mixed Salad Leaves, Tomato Wedges, Cucumber, Grated Carrot, Sweetcorn	Mixed Salad Leaves, Tomato Wedges, Cucumber, Grated Carrot, Sweetcorn	Mixed Salad Leaves, Tomato Wedges, Cucumber, Grated Carrot, Sweetcorn
Daily Salads	Grated Cheese, Houmous, Hard Boiled Eggs and Homemade Dips				
	Carrot, Beetroot & Fennel Slaw. Char Grilled Watermelon, Goats Cheese & Orange	Haloumi, Pomegranate & Rocket. Harissa Roasted Cous Cous, Citrus & Herb Dressing	Wild Rice, Cranberry & Sweet Potato. Tuscan Panzanella	Heritage Beetroot, Quinoa & Roasted Lemon Dressing. Butternut Coronation Salad	Spanish Chick Pea Salad, Saffron Oil. Courgette, Tomato, Caper & Dill Dressing
Dessert	Mini Doughnuts & Chocolate Sauce	Apple Crumble & Custard	Orange Jelly	Fruity Flapjack Slice	Chocolate & White Chocolate Cookies
Fruit	Cut Fruit Pots & Whole Fresh Fruit	Cut Fruit Pots & Whole Fresh Fruit	Cut Fruit Pots & Whole Fresh Fruit	Cut Fruit Pots & Whole Fresh Fruit	Cut Fruit Pots & Whole Fresh Fruit

SUMMER MENU CYCLE

Week 2



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Pea & Mint	Roasted Cauliflower	Carrot & Coriander	Butternut & Sage	Root Vegetable
Bread	Petit Pan	Petit Pan	Petit Pan	Petit Pan	Petit Pan
Prep Main Course 1 (All Year Groups)	Thai Green Butternut & Chick Pea Curry, Steamed Coconut Rice	Three Cheese Tortellini, Red Pepper & Sun Blushed Tomato Pesto Cream Sauce	Roasted Vegetable & Bean Lasagne & Garlic Bread	Vegetable Gyozas, Asian Stir Fried Egg Rice, Sweet 'n Sour Sauce	Quorn Nuggets & Chips
Prep Main Course 2 (Upper Prep Only)	Gnocchi, Wild Mushroom & Tarragon Sauce	Butter Bean, Spinach, Olive & Soft Herb Burrito	Warm Niçoise Vegetables, Citrus Potatoes, Boiled egg	Spring Pea, Onion & Mint Frittata & Couscous Salad With Cucumber, Red Onion & Herbs	Chef's Special
Vegetables	Cauliflower & Green Beans	Roasted Broccoli & Carrots	Buttered Corn & Kale	Mange Tout & Pepper	Baked Beans & Peas
Jacket Potato	Grated Cheese & Baked Beans	Grated Cheese & Baked Beans	Grated Cheese & Baked Beans	Grated Cheese & Baked Beans	Grated Cheese & Baked Beans
Salad Bar	Mixed Salad Leaves, Tomato Wedges, Cucumber, Grated Carrot, Sweetcorn	Mixed Salad Leaves, Tomato Wedges, Cucumber, Grated Carrot, Sweetcorn	Mixed Salad Leaves, Tomato Wedges, Cucumber, Grated Carrot, Sweetcorn	Mixed Salad Leaves, Tomato Wedges, Cucumber, Grated Carrot, Sweetcorn	Mixed Salad Leaves, Tomato Wedges, Cucumber, Grated Carrot, Sweetcorn
Daily Salads	Grated Cheese, Houmous, Hard Boiled Eggs and Homemade Dips				
	Shaved Carrot & Radish Salad. Peach, Radicchio & Elderflower Vinaigrette	Grilled Leek & Potato Salad. Char Grilled Vegetables & Pesto	White Bean & Avocado. Artichoke, Crouton & Mint	Charred Asparagus, Beans, Peas & Citrus Dressing. Cauliflower, Pomegranate & Sunflower Seeds	Waldorf Salad. Mixed Bean, Grains & Mint Yoghurt
Dessert	Greek Yoghurt & Granola	Carrot Cake	Chocolate Brownie Bite	Lemon Drizzle Cake	Chocolate Chip Cookies
Fruit	Cut Fruit Pots & Whole Fresh Fruit	Cut Fruit Pots & Whole Fresh Fruit	Cut Fruit Pots & Whole Fresh Fruit	Asian Fruit Salad Pots & Whole Fresh Fruit	Cut Fruit Pots & Whole Fresh Fruit

SUMMER MENU CYCLE

Week 3



ST JAMES
Preparatory School

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Broccoli & Stilton	Wild Garlic & Potato	Thai Sweetcorn	Pea & Fennel	Chunky Vegetable Soup
Bread	White Rolls	White Rolls	White Rolls	White Rolls	White Rolls
Prep Main Course 1 (All Year Groups)	Chick Pea & Vegetable Ragu, Lemon & Herb Cous Cous	Macaroni & 3 Cheese Sauce, Crispy Parmesan & Herb Topping & Garlic Bread	Lentil Dhal, Braised Rice and Naan Bread	Cheese & Tomato Panini	Quorn Dippers & Chips
Prep Main Course 2 (Upper Prep Only)	Vegetable Shepherd's Pie	Vegetable Spring Rolls, Warm Hoi Sin Asian Noddle	Poppy Seeded Cheese & Onion Sausage Roll, Minted New potatoes	Nachos with Chilli con Verdi, Green Rice, Guacamole & Tzatziki	Chef's Special
Vegetables	Roasted Carrots & Sugar Snaps	Mediterranean Vegetables	Cauliflower & Cabbage	Roasted Red Onion & Peas	Baked Beans & Peas
Jacket Potato	Grated Cheese & Baked Beans	Grated Cheese & Baked Beans	Grated Cheese & Baked Beans	Grated Cheese & Baked Beans	Grated Cheese & Baked Beans
Salad Bar	Mixed Salad Leaves, Tomato Wedges, Cucumber, Grated Carrot, Sweetcorn	Mixed Salad Leaves, Tomato Wedges, Cucumber, Grated Carrot, Sweetcorn	Mixed Salad Leaves, Tomato Wedges, Cucumber, Grated Carrot, Sweetcorn	Mixed Salad Leaves, Tomato Wedges, Cucumber, Grated Carrot, Sweetcorn	Mixed Salad Leaves, Tomato Wedges, Cucumber, Grated Carrot, Sweetcorn
Daily Salads	Grated Cheese, Houmous, Hard Boiled Eggs and Homemade Dips				
	Charred Snap Peas & Tarragon Dressing. Multi Coloured Tomato, Sumac Onions & Toasted Seeds	Falafel, Spinach & Lemon Tahini Dressing. Cucumber, Radish & Dill Salad	Greek Salad. Beetroot, Feta & Mustard Dressing	Lentil, Jersey Royals, Watercress, Truffle Vinaigrette. Tomato & Mozzarella, Basil & Olive Oil	Classic Tabbouleh. Mexican Bean Salad With Charred Sweetcorn
Dessert	Selection of Melons	Rice Crispy Slice	Cinnamon Dusted Churros	Apple Sponge & Custard	Chocolate Chip Cookies
Fruit	Cut Fruit Pots & Whole Fresh Fruit	Cut Fruit Pots & Whole Fresh Fruit	Cut Fruit Pots & Whole Fresh Fruit	Cut Fruit Pots & Whole Fresh Fruit	Cut Fruit Pots & Whole Fresh Fruit