

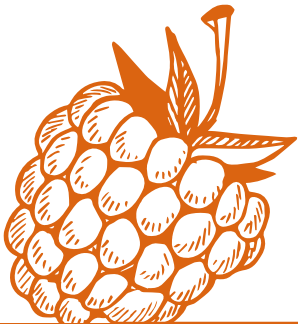
LUNCH



ST JAMES
Senior Girls' School

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------|--|--|--|--|---|
| SOUP | Chestnut Mushroom & Thyme | Butternut Squash | Broccoli & Stilton | Tomato & Basil | Root Vegetable |
| MAIN MEAL 1 | Lentil & Mushroom Bolognese, Buttered Spaghetti | Quorn Sausage & Potato Mash, Onion Gravy | Chick Pea & Vegetable Tikka Madras, Fragrant Rice, Garlic Nann Bread | Asian Spiced Vegetable & Egg Noodles & Sliced Roasted Quorn Fillet | Cheese & Tomato Pizza & chips |
| MAIN MEAL 2 | Falafel, Tomato, Onion Wrap, Tahini, Warm Tabbouleh & Mint Yoghurt | Sumac Roasted Carrot, Butter Bean, Pearl Barley Tagine & Giant Cous cous | 3 Cheese Macaroni Topped With Crispy Onion Bread Crumbs & Garlic Bread | Black Olive, Tomato & Feta Quiche & Herb Buttered New Potatoes | Chefs Special |
| SALAD BAR | Carrot, Beetroot & Fennel Slaw. Cumin Roasted Cauliflower, Spinach, Coconut Yoghurt Dressing | Roasted Root Vegetable Pearl Barley. Chicory, Pomegranate & Feta | Wild Rice, Cranberry & Sweet Potato. Lemon, Rocket, Pea, Mint Orzo Salad | Heritage Beetroot, Quinoa, Roasted Lemon Dressing. Butternut Squash Coronation Style | Spanish Chick pea Salad, Saffron Oil. Beetroot, Goats Cheese & Rocket |
| DESSERT | Oat Flapjack Slice | Apple Crumble & Custard | Steam Giger Cake & Choc Ices | Carrot Cake, Cream Cheese Frosting | Chocolate Chip Cookies |
| EVERY DAY | 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 |
| HYDRATION | 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 |






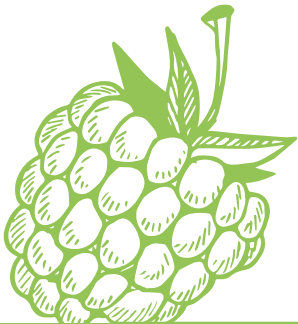
LUNCH



ST JAMES
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| | MONDAY | TUESDAY | WEDNESDAY | THUR-MEX | FRIDAY |
|--------------------|---|---|---|--|---|
| SOUP | Broccoli & Stilton | Roasted Parsnip | Leek & Potato | Mexican Bean | Root Vegetable |
| MAIN MEAL 1 | Cheese & Spinach Sauce with Sea Shell Pasta | Pad Thai Noodles & Crispy Onion, Coriander & Chilli | Cheese & Tomato Panini & Rosti Bites | Black Bean, Pepper & Onion Cajun Sliced Fajitas, Sour Cream & Guacamole | Quorn Nuggets & Chips |
| MAIN MEAL 2 | Cheesy Topped Sheppard's Pie |  Mushroom & Pea Risotto | Roasted Pumpkin, Tomato & Sage Lasagne, Garlic Bread | Mexican Rice with Butterbeans & Smoked Paprika | Chefs Special |
| SALAD BAR | Beetroot, Fennel & Horseradish Slaw. Roasted Halloumi, Orange, Watercress, Honey Dressing | Fig, Balsamic, Parmesan & Rocket. Niçoise Vegetables & Golden Croutons | Marrow, Calvo Nero & Feta Salad. Artichoke, Blood Orange & Feta | Roast Sweet Potato & Peppers Chicory, Feta & Pumpkin Seeds | Chicory, Pear & Toasted Seeds. |
| DESSERT | Greek Yoghurt, Selection Of Toppings | Pancake Bar | Apple Crumble & Custard | Churros & Chocolate Sauce | Chocolate Chip Cookies |
| EVERY DAY | 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 |
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ST JAMES
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| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------|---|---|--|--|---|
| SOUP | Carrot & Orange | Mushroom & Tarragon | Pea & Mint | Sweet Potato | Chunky Vegetable Soup |
| MAIN MEAL 1 | Chill Con Verde, Taco shells, Sour Cream & Mexican Rice  | Arrabiatta Sauce, Celentri Pasta & Garlic Bread | Roasted Quorn fillet, Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy | Roast Vegetable & Tomato Pasta Bake with Garlic Bread | Quorn Dippers & Chips |
| MAIN MEAL 2 | Bang Bang Cauliflower, Firecracker Sauce, with Rice Noodles | BBQ Butternut Squash & Butterbean Ragu, Creamed Potato | Stuffed Bell Peppers With Cumin Roasted Chick Peas, Bulger Wheat & Herbs | Sweet Potato Falafel, Coconut Rice & Spicy Tomato Sauce | Chefs Special |
| SALAD BAR | Roasted Squash & Spinach, Coconut Yogurt. Quinoa Tomato, Sumac Onions & Toasted Seeds | Maple Roasted Parsnip, Spinach & Toasted Seeds. Tomato, Basil, Olive Oil & Mozzarella Pasta Salad | Greek Salad. Lentil, Beetroot & Feta, Mustard dressing | Pear, Date & Stilton. Roasted Broccoli, Sweet Chilli & Tahini Dressing | Classic Tabbouleh. Mexican Bean Salad with Charred Sweetcorn |
| DESSERT | Banoffee Cheesecake | Fruit Jelly | Mini Doughnuts & Chocolate Sauce | Spiced Pear Upside Down Cake & Custard | Chocolate Chip Cookies |
| EVERY DAY | 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 |
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