


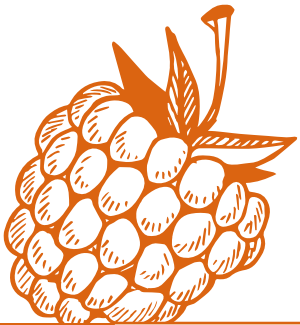
LUNCH



ST JAMES
Schools

	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






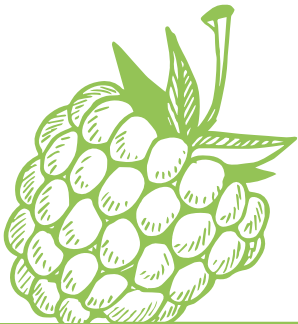
LUNCH



ST JAMES
Schools

	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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LUNCH



ST JAMES
Schools

	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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