



ST JAMES  
Schools

# LUNCH

DAIRY FREE – DF  
GLUTEN FREE – GF  
VEGAN – VG  
High in protein

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Tomato & Basil <b>VG</b>	Cauliflower <b>VG</b>	Leek & Potato <b>VG</b>	Thai Sweet Corn <b>VG</b>	Cream of Carrot <b>VG</b>
<b>MAIN MEAL</b>	<b>Lentil</b> & Sweet Potato curry with poppadum, Fragrant Rice <b>VG DF</b>	Moussaka with <b>Beans</b> & Seasonal Vegetables <b>GF</b>	Roasted Vegetable & Soy <b>Mince</b> Cottage Pie <b>DF VG</b>	Egg Noodles with Crispy <b>Quorn</b> Style &Vegetable <b>VG</b>	Margaritta Pizza topped with golden melted <b>mozzarella</b> served with chips
<b>MAIN MEAL ALTERNATIVE</b>	Ratatouille Penne Pasta Bake	<b>Halloumi</b> with Cauliflower Cous Cous & Garden Peas <b>GF</b>	<b>3 Cheese</b> Macaroni Topped With Crispy Onions and Breadcrumbs & Garlic Bread	Jackfruit & <b>Coconut</b> Curry Served with Basmati Rice <b>DF VG</b>	Tomato & Spring onion Vegetable <b>Frittata</b> with chips <b>DF</b>
<b>MAIN MEAL ALLERGY FRIENDLY</b>	<b>Lentil</b> & Sweet Potato curry with poppadum, Fragrant Rice <b>VG DF</b>	Moussaka with <b>Beans</b> & Seasonal Vegetables <b>GF</b>	Roasted Vegetable & Soy Mince Cottage Pie <b>DF GF</b>	Jackfruit & Coconut Curry Served with Basmati Rice <b>DF GF</b>	Gluten Free Pizza & Chips <b>GF</b>
<b>DESSERT</b>	Blue Berry & Banana Oat Bake with Cream	Chocolate Bread & Butter Pudding with Custard	Vanilla Ice Cream & Cocktail Fruit	Oriental Steamed vanilla sponge with Custard	Chocolate Chip Cookies
<b>DESSERT ALLERGY FRIENDLY</b>	Vegan Flapjack <b>DF GF</b>	Gluten Free Stem Ginger Cake <b>GF</b>	Vegan Chocolate Brownie <b>DF GF</b>	Gluten Free Carrot cake <b>GF</b>	Gluten Free Cookie <b>GF</b>
<b>EVERY DAY</b>	Our everyday high protein items are <b>Boiled Egg, Hummus, Grated Cheese</b> these can be found near our salad bar				
<b>FRESH FRUIT</b>	Our daily selection of fruits can be enjoyed as cut Fruit Pots or Whole				



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SOUP	Green Lentil VG	Roasted Parsnip VG	Mushroom & Tarragon VG	Roast Pumpkin VG	English Onion VG
MAIN MEAL	Creamy Plum Tomato Gnocchi VG	Sapagetti Bolognaies with Mushroom VG (Garlic bread)	Chilli Cajun Quorn served with Roast Potatoes VG	Aubergine Dhal with Roast Vegetable	Quorn Nuggets & Chips VG
MAIN MEAL ALTERNATIVE	Paneer Tikka Masala served with Pilau Rice & Naan Bread	Bombay Potatoes & Rogan Josh Curry DF VG	Mushroom Stroganoff with Roast Potatoes	Chilli Sin Carne served with Rice VG	Potato & Mushroom Alforno VG
MAIN MEAL ALLERGY FRIENDLY	Creamy Plum Tomato Gnocchi DF	Bombay Potatoes & Rogan Josh Curry DF VG	Chilli Cajun Quorn served Roast Potatoes GF DF	Chilli Sin Carne and Rice DF GF	Potato & Mushroom Alforno VG
DESSERT	Rocky Road	Chocolate Brownie With (Cream)	Strawberry Jelly	Coconut Jam Cake With Custard	Oatmeal Cookies
DESSERT ALLERGY FRIENDLY	Vegan Flapjack DF GF	Gluten Free Stem Ginger Cake GF	Vegan Chocolate Brownie DF GF	Gluten Free Carrot cake GF	Gluten Free Cookie GF
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<b>SOUP</b>	Carrot & Orange <b>VG</b>	Chunky Vegetable <b>VG</b>	Sweet Potato <b>VG</b>	Pea & Mint <b>VG</b>	Butternut Squash <b>VG</b>
<b>MAIN MEAL</b>	<b>Egg</b> Vegetable Fried Rice & Spring Rolls <b>DF GF</b>	Green Pesto Fusilli Pasta & Garlic Bread <b>VG</b>	<b>Quorn</b> Sausage and Creamy Pesto Mashed Potato with Onion Gravy <b>VG</b>	Pesto Puff Pastry <b>Cheese</b> Tart with Herb diced Potato	Vegetarian Plant base <b>Fingers</b> with salads and Chips <b>DF</b>
<b>MEAT FREE</b>	Japanese <b>Tofu</b> Katsu Curry <b>VG</b>	Jackfruit Taco's with <b>Black Bean</b> , Guacamole & Tortilla Chips <b>DF GF</b>	<b>Borlotti Bean Stew</b> with Pesto Mashed Potato <b>DF VG</b>	<b>Sweet Potato Falafel</b> , Coconut Rice & Spicy Tomato Sauce <b>VG</b>	<b>Cheese</b> & Tomato Panini served with Potato Roastie <b>GF DF</b>
<b>MAIN MEAL ALLERGY FRIENDLY</b>	Japanese Tofu Katsu Curry <b>DF GF</b>	Jackfruit Taco's with <b>Black Bean Stew</b> , Guacamole & Tortilla Chips <b>DF GF</b>	<b>Borlotti Bean Stew</b> with Mashed Potato <b>DF VG</b>	<b>Sweet Potato Falafel</b> , Coconut Rice & Spicy Tomato Sauce <b>DF GF</b>	<b>Cheese</b> & Tomato Panini served with Potato Roastie <b>GF DF</b>
<b>DESSERT</b>	Banoffee Cheesecake	Apple crumble (Make your own) <b>SFR</b>	Eton Mess	Beetroot & Chocolate Sponge( Choco Sauce)	Chocolate Chip Cookies
<b>DESSERT ALLERGY FRIENDLY</b>	Vegan Flapjack <b>DF GF</b>	Gluten Free Stem Ginger Cake <b>GF</b>	Vegan Chocolate Brownie <b>DF GF</b>	Gluten Free Carrot cake <b>GF</b>	Gluten Free Cookie <b>GF</b>
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